

Visit 1

Patient Information:

- **Name:** John Doe
- **Date of Birth:** December 15, 1972
- **Gender:** Male
- **Patient ID:** 123456
- **Visit date:** 07/26/2021

Chief Complaint:

- Pain in the right shoulder

History of Present Illness (HPI):

- **Onset:** The pain started approximately 2 weeks ago.
- **Location:** Right shoulder
- **Duration:** The pain is persistent, varying in intensity.
- **Characteristics:** Sharp, aching pain; sometimes radiates down the arm.
- **Aggravating Factors:** Lifting, overhead activities, and certain movements.
- **Relieving Factors:** Rest, ice application, over-the-counter pain medication (ibuprofen).
- **Associated Symptoms:** Occasional numbness and tingling in the right arm.

Past Medical History:

- **Chronic Conditions:** Hypertension, Type 2 Diabetes
- **Previous Surgeries:** Appendectomy (2010)
- **Medications:** Metformin, Lisinopril, Ibuprofen (as needed for pain)
- **Allergies:** No known drug allergies

Social History:

- **Occupation:** Office worker
- **Smoking:** Non-smoker
- **Alcohol Use:** Occasionally
- **Exercise:** Infrequent

Family History:

- **Father:** Hypertension, Heart disease
- **Mother:** Type 2 Diabetes
- **Siblings:** Healthy

Review of Systems:

- **General:** No fever, no weight loss
- **Musculoskeletal:** Pain in the right shoulder, no other joint pain or swelling
- **Neurological:** Occasional numbness and tingling in the right arm, no other neurological deficits
- **Cardiovascular:** No chest pain, no palpitations
- **Respiratory:** No shortness of breath, no cough

Physical Examination:

- **General:** Alert, well-nourished, in no acute distress
- **Vital Signs:**
 - Blood Pressure: 130/85 mmHg
 - Heart Rate: 78 bpm
 - Respiratory Rate: 16 breaths/min
 - Temperature: 98.6°F (37°C)
- **Inspection:** No obvious deformities, swelling, or redness in the right shoulder
- **Palpation:** Tenderness over the right shoulder, particularly at the anterior aspect
- **Range of Motion:** Limited due to pain, especially in abduction and external rotation
- **Strength:** 4/5 in the right shoulder, normal strength in the left shoulder
- **Special Tests:** Positive Neer's and Hawkins-Kennedy tests indicating possible impingement syndrome

Assessment:

- **Primary Diagnosis:** Right shoulder impingement syndrome
- **Differential Diagnoses:** Rotator cuff tear, bursitis, tendinitis, cervical radiculopathy

Plan:

1. **Imaging:** Order X-ray and MRI of the right shoulder to evaluate the extent of the injury.
2. **Medications:** Continue ibuprofen for pain management; consider prescribing physical therapy.

3. **Referral:** Refer to orthopedic specialist for further evaluation.
4. **Activity:** Advise patient to avoid activities that exacerbate pain; recommend gentle stretching exercises.
5. **Follow-Up:** Schedule follow-up appointment in 2 weeks to review imaging results and assess response to treatment.

Patient Education:

- Discussed the nature of the condition, potential causes, and treatment options.
- Instructed on proper use of medication and importance of adhering to prescribed therapy.
- Encouraged patient to report any worsening symptoms or new concerns.