

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 04/18/23

PATIENT: HINSON, ZERRINGTON **DOB:** 08/16/1993 **Gender:** MALE **MRN:** 1896 **AGE:** 29 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Right hand/wrist pain

HISTORY OF PRESENT ILLNESS: Mr. Hinson presents to the clinic for a workman comp visit after injuring his right wrist on April 10, 2023 while cutting the grass at AUM. Patient states on April 10th he was cutting grass on a zero turn mower and hit a bump, soon after his right wrist/hand began to hurt. He describes the pain as tingling, sharp, dull and achy with a 8/10 pain scale that appears with certain wrist movements or lifting. He does state at times he will have "sharp, tension" like pain radiate up his forearm but does not go past his elbow. He mentions the vibration from the mower will aggravate the pain. He has tried Ibuprofen and muscle relaxer with no relief. He is unsure of the name of the muscle relaxer and states it is an old prescription. He last took Ibuprofen last night.

VITALS: BP: 129/81 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 68; **Temp:** 98; **Resp:** 17; **Ht:** 71 in.; **Wt:** 207.7 lbs.; **BMI:** 28.96; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Plate to right jaw as a child. Bullet to back -"years ago"

SOCIAL HISTORY: Admits to smoking 5 cigarettes per day, month ETOH use ad denies illicit drugs.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally. Limited ROM with extension and radial deviation. Normal flexion, ulnar deviation, pronation and supination movements. Tender to palpation over wrist and thenar muscle. No swelling or bruising noted.

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

Dexamethasone 4mg/ml (2 unit(s)): Injection
Toradol 60 MG (1 unit(s)): Injection

RESULTS:

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Toradol 60 MG :

Site Given: Right Ventral Gluteal

Dosage Given: 60 milligram(s)

Administered By: Blackwell, Robin - CRNP

Dexamethasone 4mg/ml:

Site Given: Left Ventral Gluteal

Dosage Given: 8 milligram(s)

Administered By: Blackwell, Robin - CRNP

ASSESSMENT:

M25.531 - Pain in right wrist (PRIMARY).

M79.641 - Pain in right hand.

PLAN:

RICE instructions discussed. Applied wrist splint and educated on proper use. Patient is to wear splint with activities. No weight bearing to right wrist/hand until further notice. Will follow up in 7-10 days for re-check. Do not take ketorolac with Ibuprofen. Start medrol dose pak in the am as directed. Patient verbalized understanding.

Consider referral to Neurology if symptoms do not improve or worsen.

ketorolac 10 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED FOR PAIN UP TO 5 DAYS TOTAL USE.

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKET(S)

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Electronically signed by Robin Blackwell, CRNP on 04/18/23 2:09 PM

Robin Blackwell CNP