

Auburn Montgomery Warhawk Health Services

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

Date: 04/28/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: WC right hand/wrist follow up.

HISTORY OF PRESENT ILLNESS: Mr. Hinson presents for workmans comp follow up on his right wrist and hand following an injury from riding a zero turn mower and hitting a bump on April 10, 2023. He was last seen on 4/18/23 in clinic and treated with steroid injection, NSAID and Medrol dose pak, which patient states he completed as directed. He states the medications helped his pain some what but reports when he moves his right wrist, his pain worsens and a sharp, tense feeling will radiate from his hand and wrist to his elbow. He presents in clinic today wearing his right wrist splint. He was put on light duty at work on 4/18/23 and patient states he was assigned to pull weeds which he reports he told his manager it was difficult for him to do and has taken PTO x 3 days.

VITALS: BP: 136/80 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 65; **Temp:** 97.7; **Resp:** 16; **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. Normal ROM of right wrist with extension, flexion, radial and ulnar deviation. Patient does state pain with all movements, but worse with radial deviation. Tenderness with palpation over wrist. No swelling or bruising noted. Normal grip strength bilaterally.

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.

ASSESSMENT:

M25.531 - Pain in right wrist (PRIMARY)
M79.641 - Pain in right hand

PLAN:

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Will contact Cambria Ernstrom of Brentwood Services for her to send a referral to Neurology on patients behalf. Patient can take OTC Ibuprofen for pain as directed x 7 to 10 days. Continue wearing splint with activities. RICE instructions discussed. Continue light duty with no weight bearing to right wrist/hand until evaluated by neurology and cleared by them. Patient verbalized understanding.

Electronically signed by Robin Blackwell, CRNP on 04/28/23 2:03 PM

Robin Blackwell CNP