

Auburn Montgomery Warhawk Health Services

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

Date: 05/22/23

PATIENT: MARZETTE, CLEMENTE **DOB:** 01/19/1991 **Gender:** MALE **MRN:** 4724 **AGE:** 32 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Right ankle/foot pain

HISTORY OF PRESENT ILLNESS: Mr. Marzette presents to the clinic with complaints of right ankle and foot pain since Sunday. He states on Sunday he was fishing and slipped and fell and hyper flexed his right/foot ankle and heard about 3 pops. He has tried RICE which has helped and Ibuprofen. He last took Ibuprofen last night. Pain scale of 6/10. He has torn ligaments in the right ankle years ago.

VITALS: BP: 137/86 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 60; **Temp:** 98.1; **Resp:** 19; **Ht:** 67 in.; **Wt:** 354 lbs.;
BMI: 55.44; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

lisinopril 10 mg tablet (Daily)

metoprolol tartrate 50 mg tablet (Daily)

ondansetron HCl 4 mg tablet (TAKE 1 TABLET PO EVERY 8 HOURS AS NEEDED FOR NAUSEA/VOMITING)

PAST MEDICAL HISTORY: HTN

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies smoking or illicit drug use. Admits to occasional ETOH use.

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.

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. Limping with gait favoring the right ankle/foot. Mild swelling with tenderness to palpation over right anterior ankle and dorsal mid-foot. Limited ROM with inversion and plantar flexion.

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:

Foot XRAY (1 unit(s)): Outside Diagnostic

Dexamethasone 4mg/ml (2 unit(s)): Injection

Toradol 60 MG (1 unit(s)): Injection

RESULTS:

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Dexamethasone 4mg/ml:

Site Given: Left Ventragluteal

Dosage Given: 4 milligram(s)

Administered By: Marzette, Daedra

Toradol 60 MG :

Site Given: Right Ventragluteal

Dosage Given: 60 milligram(s)

Administered By: Marzette, Daedra

ASSESSMENT:

M25.571 - PAIN IN RIGHT ANKLE AND JOINTS OF RIGHT FOOT (PRIMARY)

M25.471 - Effusion, right ankle

M79.89 - Other specified soft tissue disorders

PLAN:

Pending right ankle/foot x ray results. Patients right ankle wrapped in ace bandage. RICE instructions given. Discussed starting Medrol pak after 24 hours and Ketorolac after 6 hours. Work excuse given. Light duty for the rest of the week. RTC if symptoms worsen or do not improve. Consider MRI for right ankle/foot. Patient verbalized understanding.

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

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.

Referral: EMIC, East Montgomery Imaging Center (Radiology)

Instructions: Right ankle/foot x-ray

Electronically signed by Robin Blackwell, CRNP on 05/22/23 11:09 AM

Robin Blackwell CNP