

Auburn Montgomery Warhawk Health Services

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

Date: 04/16/26

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 42 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: right shoulder pain since Tuesday

HISTORY OF PRESENT ILLNESS: 42 YO F PTC with c/o right shoulder pain and decreased ROM, pt states she works out five times a week, did work on arms/upper body on monday, but tuesday night awoke with severe pain in right shoulder, pt states has been taking oTC Meds with no relief, unable to move arm, holding arm bent against body as she states it's only position that relieves shoulder pain.

VITALS: BP: 146/78 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 70; **Temp:** 96.5; **Resp:** 16; **Ht:** 65 in.; **Wt:** 320.4 lbs.;
BMI: 53.31; **Pulse Oximetry:** 98%

ALLERGIES: YAZ (28)

MEDICATIONS:

Farxiga 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
Lancets,Ultra Thin (check blood sugar once daily)
Mounjaro 12.5 mg/0.5 mL subcutaneous pen injector (INJECT 12.5 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY)
blood sugar diagnostic strips (check blood sugar once daily and as needed for low blood sugar symptoms.)
lisinopril 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY)

PAST MEDICAL HISTORY: T2DM, HTN, GERD

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Married. Her husband works on campus. They recently moved here from New York. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

DM Foot Exam- February 2025
Wellness- Feb. 2025
Microalbumin- Feb. 2025
Last eye exam- Summer 2024
Pap smear- April 2024- normal. - Dr. Brenner at Montgomery Women's Health Associates.
Mammogram- 2023- abnormal- had US in July 2023 and January 2024. See reports.
Last Mammo- Jan. 2025. Recommended yearly exams.

Last Hgb A1C- Feb. 2025 6.8%

She was taken off metformin secondary to diarrhea on the lowest dose.

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.

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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: Decreased ROM right upper ext, unable to flex or extend right upper extremity due to pain. 2+ DP and PT pulses 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.

ORDERS:

Toradol 30MG (1 unit(s)): Injection
THERAPEUTIC INJECTION ADMIN (2 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection

RESULTS:

Toradol 30MG:
Site Given: Left Deltoid
Dosage Given: 30 milligram(s)
Administered By: Bicknell, Miranda - RN

Dexamethasone 4mg/ml:
Site Given: Right Deltoid
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

M25.511 - PAIN IN RIGHT SHOULDER (PRIMARY)

PLAN:

prednisone 5 mg tablets in a dose pack
Refills: 0 Qty: 21 TABLET(S)
Instructions: TAKE BY ORAL ROUTE PER PACKAGE DIRECTIONS

ibuprofen 800 mg tablet
Refills: 0 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (800 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD AS NEEDED FOR PAIN

Electronically signed by Breena Till, CRNP on 04/16/26 3:52 PM



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