

Auburn Montgomery Student Health Services

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

Date: 01/11/21

PATIENT: KHAN, SAMAR **DOB:** 12/04/1997 **Gender:** MALE **MRN:** S00374122 **AGE:** 23 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Shoulder injury

HISTORY OF PRESENT ILLNESS: (R) shoulder injury that occurred about 3 months ago while throwing a ball playing cricket. Has been letting it rest but still has limited ROM. Has tried not putting pressure on it and decreased playing time. No otc medications for pain relief. He states the pain is getting better with time but not completely healed.

VITALS: BP: 120/67 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 53; **Temp:** 97.3; **Resp:** 12; **Ht:** 72.6 in.; **Wt:** 180.7 lbs.; **BMI:** 24.1; **Pulse Oximetry:** 100%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Abdominal surgery as a small child but not sure for what.

SOCIAL HISTORY: Denies using alcohol, tobacco or recreational drugs.

FAMILY HISTORY: Denies.

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+ bilateral radial pulses. Bilateral hand grasp strong and equal 5/5. +FROM right shoulder w/ no TTP. Negative empty can and no pain elicited with external rotation.

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:

S46.911A - Strain of unspecified muscle, fascia and tendon at shoulder and upper arm level, right arm, initial encounter (PRIMARY)

PLAN:

Given ROM exercises from AOS website. Rx for ibuprofen. Recommended heat. If no improvement in 2 weeks then consider MRI and/or PT. He agrees. Follow up in 2 weeks.

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ibuprofen 600 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (600 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD as needed for pain

Electronically signed by Lindsey Barton, CRNP on 01/11/21 4:36 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.