

**Home Physician Assistant Services, PC**  
540 E Fordham Road, Suite 2B, Bronx, NY 10458  
**Phone:** 347 284-4131 | **Email:** 540fordham@gmail.com

---

## Patient Information

- **Encounter:** Initial  / Follow Up
- **Date:**
- **Name:**
- **DOB:**
- **Sex:** Male  / Female

---

## Accident History

- **Type:** MVA, Work Related, Slip and Fall, Other:
- **Was a:** Pedestrian, Passenger, Driver, Other:
- **Details:** Traveling in the: Front Seat / Rear Seat; Seat Belt: Y  / N
- **Injury Happened:** At Work or at other MVA Locations:
- **ER Treatment:** Y  / N ; Hospital:
- **Hospital Dates:** Date Admitted: ; Date Discharged:
- **Status:** Patient was treated and released.
- **Employment Status:** The patient is an unemployed  / full-time student .
- **Employment History:** The patient has been employed previously to the accident and returned to

work on:  on light, regular duties, or has not been able to return to work since the accident.

- **Prior Accidents:** Has the patient been in a prior accident? Y  / N  . Type & When: MVA, WC.

---

### Chief Complaints

- **General Symptoms:** Headache / Dizziness / Nausea / Vomiting / Insomnia / Nervousness / Anxiety / Depression / Blurring of Vision / Balance Disturbance / Fever / Chills / Others.
- **Chest/Respiratory:** Chest Pain RT  /LT  / Difficult Breathing.
- **Cervical/Upper Back:** Neck pain with/without radiating to upper extremity and/or paresthesia.
- **Upper Extremities:** Tingling sensation and/or numbness/weakness in the right/left/both arms/ forearms/ fingers. Upper back pain.
- **Lumbar/Lower Back:** Lower back pain with/without radiating to lower extremity and/or paresthesia.
- **Lower Extremities:** Tingling sensation and/or numbness/weakness to the right/ left/ both legs/feet/ toes. Pain in the scalp, Face, Abdomen upper/lower/RT/LT.
- **Localized Pain:** Shoulder RT/LT, Elbow RT/LT, Wrist RT/ LT, Hand RT/LT, Hip RT/LT, Knee RT/ LT, Ankle RT/ LT, Foot RT/LT.
- **Other:** .

---

### Pain Description & Impact

- **Pain Descriptive:** Sharp, stabbing, shootings, burning, aching, tingling, numbness, pulsating, constant, intermittent, occasional .
- **Frequency:** How many hours per day the patient has pain: ;

How many days per week patient has pain:

- **Affected Activities:** What activities are most affected by pain:
- **Activity Level:** Unchanged  / diminished  / significantly restricted .
- **Functional Limits:** Pain with manual labor  / unable to perform daily household chores .
- **Worst Pain Area:** Where is the pain worst?
- **Pain Scale (1-10):** (0 No pain, 1-3 Minimal, 4-6 Moderate, 7-9 Intense, 10 Severe).
  - Neck:  | Back:  | Shoulder RT/LT:  |  
Elbow RT/LT:
  - Wrist/hand RT/LT:  | Hip RT/LT:  |  
Knee RT/LT:  | Ankle/foot/ RT/LT:
- **Aggravating Factors:** Standing, lack of sleep, reaching overhead, sitting, laying down, coughing , walking, lifting, sneezing, bending, weather, tension, driving, House Activity, arising from chairs.
- **Night Pain:** Severe night/morning time pain: Y  / N .
- **Sleep Disturbance:** Waking up in the middle of the night because of pain: Y  / N ;  
if yes how many times: .

---

## Medical & Surgical History

- **Past Medical History:** There is no significant past medical history OR there is a history of (HTN, Diabetes, Asthma, Osteoarthritis) other: .
- **Medication:** .
- **Past Surgical History:** There is no significant past medical history OR  
there is a history of: .

- **Allergies:** Y  / N .

---

## Review of Systems

Constitutional Symptoms (fever, weight loss), Eyes, Ears, Nose, Mouth, Throat, Cardiovascular, Gastrointestinal, Genitourinary, Musculoskeletal, Integumentary (skin, breast), Neurological, Psychiatric,

Endocrine, Hematologic/Lymphatic, Allergic/Immunologic, Other.

---

## Physical Examination

- **Vital Signs:** BP, WT, HT, Temp, RR, Pulse, SPO2%. .
- **HEENT:** Head is normocephalic; full range of extraocular muscle and a normal light reflex; no nystagmus noted. External canals and tympanic membranes are normal; hearing is normal; tongue protrudes in the mid-line. .
- **Skin:** Intact; no bruises ecchymosis/laceration or abrasions are noted.
- **Chest & Lungs:** Heart size seemed normal; PMI was normal; no murmur, gallop, thrill, or rub was noted. Rhythm was regular; pulses were synchronous and equal bilaterally.
- **Abdomen:** Flat; no scar was noted; palpitation was normal, non-tender in all quadrants; no organomegaly noted.

---

## Spinal & Joint Examination

- **Cervical Spine (NORMAL  / ABNORMAL  ):** Showed loss of normal lordosis. Tenderness, spasm, and stiffness noted on palpitation of the posterior occipital, paraspinal and trapezius muscle; range of motion was limited restricted and painful .

- **Cervical ROM (Normal  /Patient  ):**  
Flexion (50°), Extension (60°), R/L Lateral Flexion (45°), R/L Rotation (80°).  
  
 Severe , Mild , Moderate
- **Tests:** Tender points at C3, C4, C5, C6, and C7. Soto Hall test elicited pain. Cervical distraction test positive. Muscle testing positive; decreased sensation over arm.
- **Thoracic Spine (NORMAL  / ABNORMAL  ):** Pain/No pain on deep inspiration; tenderness/no tenderness on palpation; ROM limited/not limited. Hypersensitive bundle nodule, "jump sign," or twitch response present.
- **Lumbar Spine (NORMAL  / ABNORMAL  ):** Muscle spasm noted; diffuse tenderness over paraspinal muscles radiating to sciatic notches, hip, and lower extremities  

  - **Spinal ROM (Normal  / Patient  ):**  
Pelvic Sacral Angle (45°), Flexion (90°), Extension (30°), R/L Lateral Flexion (35°).  
  
 Severe , Mild , Moderate
- **Tests:** Tender points at L2, L3, L4, L5-S1; straight leg raising test positive.
- **Shoulder (NORMAL  / ABNORMAL  ):** Painful, spastic, and restricted; crepitation at acromioacetabular joints. Trigger points at supraspinatus, infraspinatus, deltoid, and biceps brachii.
  - **Shoulder ROM (Normal  /R  /L  ):** Abduction (180°), Forward Flexion (180°), Extension (60°), Internal/External Rotation (90°).
  - **Tests:** Hand to shoulder blade and Apley's scratch test positive.
- **Hip (NORMAL / ABNORMAL):** Swelling/hematoma noted over thigh ; tenderness at sacroiliac area . Ely's and Thomas tests positive .
  - **Hip ROM (Normal  /R  /L  ):**  
Flexion (120°), Extension (35°), Abduction (50°/30°), Internal/External Rotation (35°/45°).  
 Severe , Mild , Moderate

- **Knee (NORMAL  / ABNORMAL  ):** Swelling/hematoma/bruises noted ; tenderness on medial/lateral aspects 
  - **Knee ROM (Normal/R/L):**  
Flexion (135°) , Extension (10°) , Internal/External Tibial Rotation (30°/45°) .
  - Severe , Mild , Moderate
- **Ankle (NORMAL  / ABNORMAL  ):** Swelling/hematoma noted; tenderness on medial/lateral aspect.
  - **Ankle ROM (Normal  /R  /L  ):**  
Dorsi Flexion (20°) , Plantar Flexion (50°) , Inversion/Eversion (15°) .
  - Severe , Mild , Moderate
- **Foot (NORMAL  / ABNORMAL  ):**

---

### Diagnostic Impression

- **Head & Spine:** Headaches (R51), Post-traumatic headache (G44.3), Acute post-traumatic headache (G44.31), Concussion (S06.0X0A/S06.0X9), Cervical sprain (S13.4XXA), Thoracic sprain (S23.3XXA), Lumbar sprain (S33.5XXA/S33.8XXA).
- **Back & Pain:** Other dorsalgia (M54.89), Low back pain (M54.5), Cervicalgia (M54.2), Lumbago with sciatica (M54.4), Sciatica (M54.3), Radiculopathy (M54.10-M54.18), Spine fusion (M43.22-M43.27), Dorsopathy (M53.9).
- **Joints & Extremities:** Chest Pain (R07.9), Joint derangements of Shoulder (M24.81), Elbow (M24.82), Wrist (M24.83), Hand (M24.84), Hip (M24.85), Ankle/Foot (M24). Pain in Shoulder (M25.51), Elbow (M25.52), Wrist (M25.53), Hip (M25.55), Knee (M25.56), Ankle/Foot (M25.57). Shoulder sprain (S43.4). Knee injuries (S83.4, S83.5, S83.8, S83.3, S83.2). Internal derangement of knee (M23), Upper arm synovitis (M65.82).

---

### Treatment Plan & Referrals

- **Physical Therapy:** Advised 3-5 times a week.
- **Avoidance:** Avoid physical activity.
- **Home Use Equipment:** Bed board, Cervical collar/pillow, Cold/Hot Pack, Car Seat, Cane/Crutches, Egg Crate Mattress, Infra-red Lamp, Lumbar support/cushion, Arm support/orthosis, Traction, Elbow support/orthosis, LSO APL, Knee support/orthosis, Massager, Thermophore, TLSO, TENS/EMS, Walker, Whirlpool, Ankle support/orthosis, Shoulder support, Wrist support/orthosis, Water Circulating Heat Pad.
- **Referrals (X-Rays):** Cervical, Thoracic, and Lumbar Spine; Knee, Shoulder, Wrist, Ankle, Hip, Elbow R/L.
- **Referrals (MRIs):** Cervical, Thoracic, and Lumbar Spine; Knee, Shoulder, Wrist, Ankle, Hip, Elbow R/L.

---

#### Treatment Note & Procedure

- **Pain Rating:** Average pain scale 0 to 10 (0 No comfort to 10 Well).
- **Applied Modalities:** Nerve block injections, Trigger Point Injections, Trigger Point Dry Needling, Intra-articular Injections, Epidural Steroid Injection.
- **Procedure Details:** Ultrasound-guided technique used after verbal consent.
- **Medication Used:** Injection 2% Lidocaine 2-3 cc; Injection Triamcinolone 10 mg/ml.
- **Technique:** Sterile field created; skin cleaned with alcohol and sprayed with ethyl chloride; 1-1/2 x 25G sterile hypodermic needle used to block nerve roots of lumbar paravertebral nerves. Trigger point injection done for muscle spasms.
- **Outcome:** Patient tolerated procedure well; no complications or complaints.
- **Follow-up:** Next visit advised in 4 weeks if pain does not subside.
- **Billing/CPT:** Initial consultation – 99204.

---

## **Provider Information**

**Nick N Nicoloff, PA LIC#: 009001-1 | NPI#: 1992769632 | DEA#: MN0809410**