

4123108 DHOHS

Dameron Hospital Occupational Health Services

(209) 461-3196

PATIENT NAME Tiffany Anderson		SSN 549-23-5133	BIRTH DATE 08/22/1970	INJURY DATE 06/19/2008	VISIT DATE 6/23/2008
PRACTITIONER NAME Mike Dixon, PA-C		Donald Rossman, M.D.			

CHIEF COMPLAINT: Tiffany states that on June 19, 2008, while working for SJ Mosquito & Vector Control, she injured the right leg while she was climbing up and down the bed of the truck for two days.

HISTORY OF PRESENT ILLNESS: This is a follow-up visit for Tiffany Anderson, a 37 year-old Pesticide Applicator, whose primary complaint is pain, stiffness and swelling located in the right leg. She describes it as a "shooting" pain and "pressure". She considers it to be moderate. Tiffany says that it seems to be present on a constant basis and varies with her activity levels. She has noticed that it is made worse by walking. It is improved with nothing. She feels it is Rest 5/10 with activity 7/10. Her pain level is 5-7/10.

REVIEW OF SYSTEMS: General Health: Good. Constitutional: Negative for fever, malaise. Eyes: Negative for recent change in vision. Cardiovascular: Negative for chest pain, heart trouble. Respiratory: Negative for cough, shortness of breath, wheezing. Gastrointestinal: Negative for abdominal pain, diarrhea, heartburn, nausea. Genitourinary: Negative for kidney disease. Musculoskeletal: Negative for joint pain, joint stiffness, joint swelling. Neurological: Negative for headache. Psychiatric: Negative for anxiety, depression, difficulty sleeping. Hematologic: Negative for blood disorder, anemia.

PAST, FAMILY AND SOCIAL HISTORY: Major Surgery: None. Marital Status: She is currently not married. Employment Status: She is currently employed in a full time position. Other Employment: None.

CURRENT MEDICATIONS: Ibuprofen and Birth Control Pills

ALLERGIES: None Known

VITAL SIGNS: Weight: 145 pounds. Blood Pressure: 137/89. Pulse: 85/minute.

PHYSICAL EXAMINATION:

General: Gait is antalgic. There are signs of mild discomfort while at rest. She appears to have moderate pain with movement.

Right Knee: Bruising is absent. Deformity of the knee is not present. Iliotibial band palpation causes no pain. Joint effusion is present. Movement of the knee causes pain. Range of motion is limited. Tenderness to palpation is present posteriorly.

DIAGNOSIS: 1. Knee effusion, Right (719.06). 2. Anterior Cruciate Ligament Sprain, Right (844.2).

MEDICAL DECISION MAKING: This is a follow up visit for this medical condition. Overall, the patient's condition remains unchanged. Current treatment includes medications, splint and a home exercise program. I've directed Tiffany to begin physical therapy at this time. I have prescribed the therapist to provide evaluation and treatment. I expect the duration of this therapy to be two weeks. The frequency of therapy treatments should be three times a week. RTC 1 week.

MEDICAL CAUSATION: Based on the available information, this appears to be a work-related condition.

WORK STATUS: MODIFIED work duties.

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WORK RESTRICTIONS: No squatting, kneeling or crawling. No climbing ladders. Wear splint/brace as directed. No prolonged standing or walking.