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March 21, 2023

Natalia Foley, Esq.
Workers Defenders Law Group
8018 E. Santa Ana Canyon Rd. Ste 100 215
Anaheim, CA 92808

PATIENT: Alena Khamenia
DOB: February 18, 1981
OUR FILE #: 2022-170
SSN: XXX-XX-9857
EMPLOYER: Macys INC DBA Bloomingdales LLC
14060 Riverside Dr.
Sherman Oaks, CA 91423
WCAB #: ADJ17287529; ADJ17287654
CLAIM#: 4A2302G36RJ-0001; 482302G3755-0001-MGA
DATE OF INJURY: CT: March 6, 2022 to January 15, 2023;
CT: July 16, 2022 to January 1, 2023
DATE OF 1ST VISIT: March 21, 2023
INSURER: Sedgwick
P.O Box 14522
Lexington, KY 40512
ADJUSTOR: Marsha Mattis
PHONE #: (562) 981-0286

Primary Treating Physician's Initial Evaluation Report

Dear Ms. Foley,

Thank you for referring Alena Khamenia, a 42-year-old Belarusian English speaking female, to my office for occupational/internal medicine consultation. The patient is specifically referred for evaluation and treatment of various musculoskeletal and other injuries that she sustained during the course of her employment with Macy's INC DBA Bloomingdales LLC.

Job Description:

The patient began working as a Hermes counter manager in 2019. Her work hours were 10:45 am to 6 or 8 pm per day, five days a week. In her job as a counter manager, she was required to manage the counters, provide customer service, and restocking shelves. Physically, the job required her to stand, walk, squat, stoop, bend, kneel, climb, twist, and lift up to 30 pounds.

History of the Injury as Related by the Patient:

The patient has filed a continuous trauma claim dated 3/6/2022 to 1/1/2023. The patient states she worked as a salesperson/counter manager at Bloomingdales for Hermes. She mentions that her job duties often included lifting boxes weighing upwards of 30 pounds full of beauty products overhead for stocking. She mentions that she would use a ladder to place the boxes on higher platforms. She states that during the course of her employment she would experience significant stress due to robberies. The patient reports feeling nervous about going into work as during the robberies there was excessive noises, including individuals banging on counters and making sounds. She states that the incidents caused her to develop shakiness of her hands, difficulty sleeping, and dermatitis of her facial regions. The patient mentions that given the fear of losing her job, she was afraid to report complaints of her symptoms. She did however follow up with her primary care physician who prescribed her medications, including NSAIDs. She states that her symptoms continued to progress to include cramping of her legs, swelling of her ankles, and changes in her bowel habits. The patient continued working until January 1, 2023.

Prior Treatment:

The patient has been examined by Dr. Mayya Kravchenko

Previous Work Descriptions:

Prior to working at Macy's, the patient worked as a vendor.

Occupational Exposure:

The patient was exposed to chemicals, fumes, dust, and vapors during the course of her work. The patient was not exposed to excessive noise during the course of her work. She was exposed to excessive heat or cold.

Past Medical History:

The patient denies any history of previous medical or surgical conditions. She has a known allergy to anesthesia and pet dander. The patient has undergone four

cesarean sections in 2005, 2006, 2011, and 2018. There is no other significant medical history.

Previous Workers' Compensation Injuries:

None

Social History:

The patient is married. She has four children. She does not smoke cigarettes or use recreational drugs. She occasionally drinks alcohol.

Family History:

The patient's parents are alive and well. She has one sister who is alive and well. There is no other significant family medical history.

Review of Systems:

The patient reports a complaint of headaches, shortness of breath, dizziness, lightheadedness, jaw pain, dry mouth, and heart palpitations. She denies a complaint of eye pain, visual difficulty, ear pain, hearing problems, sinus problems, sinus congestion, cough, throat pain, postnasal drip, jaw clenching, chest pain, wheezing, hemoptysis or expectoration. The patient reports a complaint of abdominal pain or cramping, burning symptoms, nausea, weight gain. She denies a complaint of reflux symptoms, vomiting, diarrhea, constipation, weight loss. The patient reports genitourinary complaints including urinary urgency. The patient's musculoskeletal complaints involve lumbar spine pain 7/10, left shoulder pain 6/10, left wrist pain 6/10, left hand pain 6/10, left hip pain 8/10, left ankle pain 8/10, left foot pain 8/10. There is no complaint of peripheral edema or swelling of the ankles. The patient's psychosocial complaints include anxiety, difficulty concentrating, difficulty sleeping, and forgetfulness. There are hair loss and dermatologic complaints. There is intolerance to excessive heat or cold. There is complaint of diaphoresis, chills, and lymphadenopathy.

Activities of Daily Living Affected by Workplace Injury:

The patient reports problems with sleeping, toileting, walking, shopping, cooking, performing housework, and driving.

Review of Records:

Please note that if medical records have been received for review, they will be reviewed and commented upon in a subsequent communication.

Current Medications:

The patient currently does not take any medications

Physical Examination:

The patient is a 42-year-old alert, cooperative and oriented Belarusian English-speaking female, in no acute distress. The following vital signs and measurements are taken today on examination: Weight: 178 pounds. Blood Pressure: 130/71. Pulse: 68. Respiration: 16. Temperature: 98.1 degrees F.

Skin:

No abnormalities were detected.

Head:

The patient's head is normocephalic and atraumatic. The patient's facial muscles show good contour and symmetry. There is no scleral icterus and no tenderness of the skull noted on examination.

EENT:

Pupils are equally reactive to light and accommodation. Extraocular movements are intact. The throat is clear. Hearing appears to be uninvolved. The nasal passages are clear and the mucosa is normal in appearance. The patient's neck is overall supple with no evidence of lymphadenopathy, thyromegaly or bruits.

Thorax:

The patient exhibits good bilateral rib excursion during respiration. Lungs are clear during percussion and auscultation. The heart reveals a regular rate and rhythm and no murmurs are noted.

Abdomen:

The abdomen is globular, tender without organomegaly. Normoactive bowel sounds are present.

Genitalia and Rectal:

Examination is deferred.

Musculoskeletal Examination:

The patient is ambulatory. There are no grossly visible abnormalities of the upper or lower extremities or the axial skeleton. There are no deformities. There is tenderness or myospasm of the cervical, thoracic or lumbar paraspinal musculature. Slight swelling noted of the right forearm. Swelling noted of the left ankle

Range of Motion Testing:

Cervical Spine: Normal

Flexion	40/50
Extension	50/60
Right Rotation	70/80
Left Rotation	70/80
Right Lateral Flexion	35/45
Left Lateral Flexion	35/45

Thoracic Spine:

Flexion	60/60
Right Rotation	30/30
Left Rotation	30/30

Lumbo-Sacral Spine:

Flexion	50/60
Extension	15/25
Right Lateral Flexion	15/25
Left Lateral Flexion	15/25

Shoulder:

Right

Left

Flexion	180/180	170/180
Extension	50/50	40/50
Abduction	180/180	170/180
Adduction	50/50	40/50
Internal Rotation	90/90	80/90
External Rotation	90/90	80/90

Hips:

Right

Left

Flexion	140/140	130/140
Extension	0/0	0/0

Abduction	45/45	35/45
Adduction	30/30	20/30
Internal Rotation	45/45	35/45
External Rotation	45/45	35/45
<i>Elbow:</i>	<i>Right</i>	<i>Left</i>
Flexion	130/140	130/140
<i>Forearm</i>	<i>Right</i>	<i>Left:</i>
Pronation	80/80	70/80
Supination	80/80	70/80
<i>Wrist:</i>	<i>Right</i>	<i>Left</i>
Dorsiflexion	60/60	50/60
Palmar Flexion	60/60	50/60
Radial Deviation	20/20	10/20
Ulnar Deviation	30/30	20/30
<i>Knee:</i>	<i>Right</i>	<i>Left</i>
Flexion	130/130	130/130
<i>Ankle/Foot:</i>	<i>Right</i>	<i>Left</i>
Dorsiflexion	15/15	10/15
Plantar Flexion	40/40	35/40
Inversion	30/30	25/30
Eversion	20/20	15/20

Neurological Examination:

Cranial nerves 2-12 are intact. Deep tendon reflexes are 2+ bilaterally. Superficial reflexes are found to be within normal limits. There are no abnormal reflexes detected and there is no abnormality of sensation or coordination.

Special Diagnostic Testing:

An abdominal ultrasound is performed today revealing a normal liver, normal gallbladder, and a normal right kidney.

An ultrasound of the left wrist is performed today, evaluation of the median nerve reveals a circumference of 1.11 cm and an area of .08 cm²

A pulmonary function test is performed revealing an FVC of 3.65 L (77.5%) and an FEV 1 of 2.96 L (78.3%). There was a 5.4% increase in FVC and a 4.1% increase in FEV 1 after the administration of Albuterol.

A 12-lead electrocardiogram is performed revealing sinus rhythm and a heart rate of 66 per minute.

An audiogram is performed today and reveals the following:

	<u>1,000 Hz</u>	<u>2,000 Hz</u>	<u>3,000 Hz</u>	<u>4,000 Hz</u>
Right:	30	30	30	30
Left:	30	25	25	25

A pulse oximetry test is performed today and is recorded at 98%.

Jamar Test. Rt. 1.24.5kg 2. 19.5kg 3 23.3kg Lft. 1. 12.0kg 2. 6.8kg 3. 7.9kg.

Vision Test without glasses: OU: 20/20 OD: 20/20 OS: 20/20

Laboratory Testing:

A random blood sugar is performed today and is recorded at 99 mg/dL.

Subjective Complaints:

1. Headaches
2. Shortness of Breath
3. Dizziness
4. Lightheadedness
5. Swelling of the Ankles
6. Anxiety
7. Abdominal Pain
8. Burning Symptoms
9. Difficulty Concentrating
10. Difficulty Sleeping
11. Nausea
12. Difficulty Making Decisions
13. Forgetfulness
14. Hair Loss
15. Skin Issues
16. Jaw Pain
17. Weight Gain
18. Intolerance to Heat/Cold

19. Dry Mouth
20. Chills
21. Urinary Urgency
22. Diaphoresis
23. Heart Palpitations
24. Lymphadenopathy

Objective Findings:

1. Tenderness noted to the left side of her cervical spine
2. Tenderness noted to the paravertebral of the lumbar spine
3. Tenderness noted of the left trapezius muscle
4. Tenderness noted of the left shoulder
5. Slight swelling noted of the right forearm
6. Tenderness noted of the left wrist
7. Tinel's positive, left side
8. Tenderness noted of the left hip
9. Tenderness noted of the left lateral ankle
10. Swelling noted of the left ankle
11. Tenderness noted to the epigastric region of the abdomen
12. Bilateral TMJ tenderness
13. An abdominal ultrasound is performed revealing a normal liver, normal gallbladder, and a normal right kidney.
14. An ultrasound of the left wrist is performed, evaluation of the median nerve reveals a circumference of 1.11 cm and an area of .08 cm²
15. A pulmonary function test is performed revealing an FVC of 3.65 L (77.5%) and an FEV 1 of 2.96 L (78.3%). There was a 5.4% increase in FVC and a 4.1% increase in FEV 1 after the administration of Albuterol.
16. A 12-lead electrocardiogram is performed revealing sinus rhythm and a heart rate of 66 per minute.
17. An audiogram is performed and reveals the following:

	<u>1,000 Hz</u>	<u>2,000 Hz</u>	<u>3,000 Hz</u>	<u>4,000 Hz</u>
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Right:	30	30	30	30
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Left:	30	25	25	25
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18. A pulse oximetry test is performed and is recorded at 98%.
19. Jamar Test. Rt. 1.24.5kg 2. 19.5kg 3 23.3kg Lft. 1. 12.0kg 2. 6.8kg 3. 7.9kg.
20. Vision Test without glasses: OU: 20/20 OD: 20/20 OS: 20/20
21. A random blood sugar is performed and is recorded at 99 mg/dL.

Diagnoses:

1. LUMBAR SPINE STRAIN/SPRAIN

2. LEFT SHOULDER STRAIN/SPRAIN
3. LEFT WRIST STRAIN/SPRAIN
4. LEFT HAND STRAIN/SPRAIN
5. LEFT HIP STRAIN/SPRAIN
6. LEFT ANKLE STRAIN/SPRAIN
7. LEFT FOOT STRAIN/SPRAIN
8. GASTROESOPHAGEAL REFLUX DISEASE
9. POST TRAUMATIC STRESS DISORDER
10. IRRITABLE BOWEL SYNDROME WITH ALTERNATING BOUTS OF DIARRHEA AND CONSTIPATION
11. FACIAL RASH, ECZEMA, ACCELERATED BY WORKPLACE INJURY
12. BRUXISM
13. HEADACHES
14. SHORTNESS OF BREATH
15. DIZZINESS
16. LIGHTHEADEDNESS
17. SWELLING OF THE ANKLES
18. ANXIETY DISORDER
19. DIFFICULTY CONCENTRATING
20. INSOMNIA
21. NAUSEA
22. DIFFICULTY MAKING DECISIONS
23. FORGETFULNESS
24. ALOPECIA
25. SKIN ISSUES
26. TMJ SYNDROME
27. WEIGHT GAIN
28. INTOLERANCE TO HEAT/COLD
29. DRY MOUTH
30. CHILLS
31. URINARY URGENCY
32. DIAPHORESIS
33. HEART PALPITATIONS
34. LYMPHADENOPATHY

Discussion:

The patient has filed a continuous trauma claim dated 3/6/2022 to 1/1/2023. The patient states she worked as a salesperson/counter manager at Bloomingdales for Hermes. She mentions that her job duties often included lifting boxes weighing upwards of 30 pounds full of beauty products overhead for stocking. She mentions that she would use a ladder to place the boxes on higher platforms. She states that during the course of her employment she would experience significant stress due to robberies. The patient reports feeling nervous about going into work as during the robberies there was excessive noises, including individuals banging on

counters and making sounds. She states that the incidents caused her to develop shakiness of her hands, difficulty sleeping, and dermatitis of her facial regions. The patient mentions that given the fear of losing her job, she was afraid to report complaints of her symptoms. She did however follow up with her primary care physician who prescribed her medications, including NSAIDs. She states that her symptoms continued to progress to include cramping of her legs, swelling of her ankles, and changes in her bowel habits. The patient continued working until January 1, 2023.

Please be advised that the listed diagnoses represent medical diagnoses and/or a differential diagnosis to a reasonable degree of medical probability based on the history provided to me by the patient and the findings of my examination. I believe that some of these diagnoses are industrial in origin and are either initiated or aggravated by the patient's employment and are, therefore, industrial in origin. Some diagnoses are non-specific and will require further evaluation. I reserve the right to alter my opinions based upon receipt of additional information in the form of prior medical records or other documentary evidence that relates to this case. Please be advised that the denial of the claim by the employer will affect my ability to either confirm or reject any of the stated diagnoses, which will also affect my ability to provide evidentiary support for my opinions. Treatment authorization, if already approved, is appreciated. If treatment has not yet been approved, it is hereby requested.

The various diagnoses listed appear to be consistent with the type of work that would typically cause such abnormalities. I, therefore, believe that the diagnoses listed thus far are AOE/COE.

Disability Status:

The patient is to continue on temporary and total disability for a period of six weeks.

Treatment:

The patient is to continue with her current medications. She is prescribed Hydroxyzine HCl 25 mg nightly for sleep and Flurbiprofen 20% topical ointment to apply BID. The patient is referred to Dr. Schames, dentistry, for evaluation of her TMJ syndrome. An RFA will be submitted for a Med-Legal Consultation for the purpose of discussing causation of the diseases in relation to the work-related injuries. She will be reevaluated in six weeks.

Attestation:

I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information that I have indicated I received from others. As to that

information, I declare under penalty of perjury that the information accurately describes the information provided to me and, except as noted herein, that I believe it to be true.

I further declare under penalty of perjury that I, Koruon Daldalyan, M.D., personally performed the evaluation of this patient and the cognitive services necessary to produce this report. The evaluation was performed at the above address. The time spent performing the evaluation was in compliance with the guidelines, if any, established by the Industrial Medical Council or the administrative director pursuant to paragraph (5) of subdivision (j) of Section 139.2 or Section 5307.6 of the California Labor Code.

The laboratory tests, if taken, were performed by Quest Diagnostics or Metro Lab in Encino, CA.

The history was obtained from the patient and the dictated report was transcribed by Adrine Madatyan, transcriptionist.

I further declare under penalty of perjury that I have not violated the provisions of California Labor Code Section 139.3 with regard to the evaluation of this patient or the preparation of this report. This attestation is effective as of January 1, 2020.

Based on Labor Code Statute 4628, a fee of \$64.50 per page for a total of 11 pages has been added to cover reasonable costs of the clerical expense necessary to produce this report.

Should you have any questions or concerns regarding the evaluation or treatment provided to this patient or this report, please feel free to contact me.

Sincerely,

A handwritten signature in black ink, appearing to read 'Koruon Daldalyan', with a horizontal line extending to the right.

Koruon Daldalyan, M.D.
Board Certified, Internal Medicine