

Chart Notes

Bhargav Shah

Bryant, Kurt M., DC
206 S Placentia Ave
Placentia, CA 92870-5710
Phone: 714-572-9555
Fax: (714) 986-9600

Patient: Shah, Bhargav K

Acct #: 16819

DOB: 05/01/1956

Ins Co: RISING MEDICAL SOLUTIONS INC
Pol #:

Insured ID: DLRW2022095173

Date 09/30/2022

Provider: Kurt Michael Bryant, DC

Subjective:

Bhargav Shah presented today due to a non auto related workplace injury. He completed the patient intake questionnaire which was reviewed by the examining provider and is available in the patient's permanent digital file for review. Bhargav signed consent for evaluation and possible treatment of injuries sustained as a result of a work related injury that occurred on or around 7/20/2022. Bhargav was injured as a result of lifting.

Mechanism of Injury:

Bhargav relayed he did not receive a head injury and did not lose consciousness.

Police did not arrive at the scene and an accident report was not completed. EMS was at the scene. Bhargav was transported to the hospital or ER by emergency service from the scene and the following has occurred: hospitalization, injection therapy, primary care physician visit, over-the-counter medications, heat or cold therapy, and other. Patient complains at the time of the accident he felt discomfort at the left lower extremity and has supplemental complaints of depression, sleeping difficulty, stress, loss of appetite and anxiety. Bhargav states that since the date of the accident the overall condition and complaints have not changed and stayed the same.

HISTORY:

Chief Complaint: Reports an acute complaint in the back of right thigh, back of right knee, back of right calf and back of right ankle region due to the accident on 7/20/2022.

- **Frequency/Quality:** On and off discomfort described as intolerable and stiffness
 - **Radiation of Symptoms:** Currently radiating to front of left lower leg and radiating to front of left thigh
 - **Change in Complaint/VAS:** Complaint has stayed the same since the onset and the pain scale is presently rated 8/10 (10 being most severe)
 - **Modifying Factors:** Relieved by: nothing, cold packs, rest and massage and aggravated by: any movement, bending, carrying or lifting, standing and walking or running
 - **Previous Episodes:** Denies past episodes
 - **Previous Care:** Since the onset of this condition he has received no medical or chiropractic service for this condition.
 - **Recent Diagnostic Tests:** Denies recent diagnostic testing
 - **ADL/Functional Deficits:** Explains walking has become difficult when ambulating short distances when he does this for more than 30 minutes
 - **Patient subjective goal(s):** Explains personal goal for starting treatment is to have no functional limitations while walking.
- No additional concerns relayed by patient.

Systems Review: Bhargav reports status of condition(s) below which may relate to

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complaint(s):

- **Musculoskeletal:** Other than presenting musculoskeletal complaints, no musculoskeletal concerns.
- **Neurological:** Other than presenting complaints, no neurological concerns.
- **Head & ENT:** Reports no head and/or ENT concerns
- **Cardiovascular:** Reports no cardiovascular concerns
- **Respiratory:** Reports no respiratory concerns
- **Gastrointestinal:** Reports TO BE DISCUSSED WITH PROVIDER
- **Genitourinary:** Reports no genitourinary concerns
- **Endocrine:** Reports no endocrine concerns
- **Derma./Hemo:** Reports no dermatological / hemopoietic concerns
- **Allergy/Sensitivity:** Reports no allergies or sensitivity concerns

Past, Family and Social History:

- **Past Health History:**
 - **Surgery:** None
 - **Medications:** None
 - **Illnesses:** Denies personal history of diabetes, cancer, hypertension and progressive neurological disorders
 - **Accidents:** None
- **Family and Social History:**
 - **Family History:** Denies family history of diabetes, cancer, hypertension and progressive neurological disorders
 - **Employment Status:** cannot work
 - **Social Habits:** does not smoke, drink alcohol, or take rec. drugs
 - **Exercise Habits:** no exercise
 - **Diet and Nutrition:** vegan or vegetarian, and no daily supplements

Objective:

Bhargav Shah is a 66 year old Male. He was born 5/1/1956. Today Bhargav would be described as; in pain.

Spinal Palpation:

Digital palpation of the patient's spine and extremities revealed the following areas of subluxations; knee and leg.

He tested positive for myofascitis. This is an inflammation of muscle and fascia, particularly of the fascial insertion of muscle to bone.

Palpation of the muscles revealed severe spasm in the following areas; left anterior knee.

Due to restrictions demonstrated in one or more extremities, active range of motion testing procedures were performed today. These restrictions are ratable impairments set by the AMA Guides to the Evaluation of Permanent Impairment, 5th Ed., 2001. The individual test

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will be repeated periodically to demonstrate/monitor progress or lack there of and to help us determine if there is permanent loss of function.

Today's examination revealed a significant decrease of normal range of motion of the following:

knee flexion was recorded as 15 degrees.

knee extension was recorded as 5 degrees.

An increase in pain was noted with knee in extension.

An increase in pain was noted with knee in flexion.

Knee orthopedic exams were down.

Anterior and posterior drawer were negative for laxity, but caused pain in super knee.

Varus and Valgus stress tests produced pain but no ligament laxity.

McMurray's was unable to be done due to pain with flexion.

Pain walked with a limp on left knee. Pain with step down and push off. Patient uses cane to walk. Knee feels like it will buckle. Wears a compression sleeve over knee when up and moving around.

Unable to do a full squat due to pain.

Reviewed x ray report and MRI report. MRI report shows deep radial tearing in medial meniscus. Will consult with ortho.

Assessment:

Prognosis:

Bhargav's prognosis is guarded and uncertain at this time. The following is a list of diagnostic impressions for Mr. Shah's current condition:(S83.8X2A) Sprain of other specified parts of left knee, init encntr, (M79.10) Myalgia, unspecified site.

Plan:

Our goals of continued treatment include the following; relief of symptoms, increase range of motion and improve function. During Mr. Shah visit today we performed the following, extra spinal manipulation, interferential stimulation, cryotherapy, ultrasound and myofascial release

Electric muscle stimulation in the form of interferential current will be applied to the knee. This procedure will be performed for 8 minutes each visit.

Ultrasound is used primarily to treat the soft tissue and ligamentous portions of the spine and paraspinal tissues. Ultrasound in this case will be performed over the following areas: knee. It was performed for 5 minutes.

Hypervolt to left quad, hamstring and calf for 5 minutes. Graston to left quad and IT band for 10 minutes.

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I recommend that treatment be 2x per week for 6 weeks.
