

Acne

Well developed, well nourished, No Acute distress, A&O x3.

Erythematous papules were seen at:

- No nodules
- No scarring
- No crust
- No cysts

Ankle

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Ambulated without limp

FROM

- No medial ankle swelling
- No lateral ankle swelling
- No Bony tenderness
- No tenderness to ATFL
- No tenderness to PTFL
- No tenderness to CFL
- No pain with ROM
- No ankle laxity
- Anterior drawer was not observed
- Talar tilt test negative
- Neg Thompson's
- Motor 5/5
- DNVI
- No tenderness to proximal 5th metatarsal
- No tenderness to proximal fibula

Mental Health

Well developed, well nourished, No Acute distress, A&O x3.

- Mood is: (normal, depressed, anxious)
- Affect is: (normal, worried)
- No H/I
- No S/I
- No hallucinations
- No delusions
- Normal Cognition
- Thoughts and speech logical and coherent
- Normal appearance
- Normal hygiene

Asthma

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Head: normal cephalic

Eyes: PERRLA, EOMI

Ears: Clear to TM, pearly gray, no inflammation or exudate, + A/I cone of light

Nose: No rhinitis, no flaring of nasal alae.

Throat: no inflammation or exudate, uvula midline

Heart RRR w/o M/G/R

Lungs:

No inspiratory wheezing

No shallow respirations

No paroxysmal cough

No rhonchi

No prolonged expiratory time

No rales/crackles

Chest:

No use of accessory muscles for respirations

Breast

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

No retraction of the left nipple

No deviation of the left nipple

No dimpling of the left nipple

No Peau d'orange of the left breast

No mass was found in the left breast

No tenderness to left breast

No diffuse fibrous tissue to left breast

No retraction of the right nipple

No deviation of the right nipple

No dimpling of the right nipple

No Peau d'orange of the right breast

No mass was found in the right breast

No tenderness to right breast

No diffuse fibrous tissue to right breast

No right axillary lymph node enlargement

No left axillary lymph node enlargement

Elbow

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

RIGHT and LEFT elbow was examined

No swelling
No induration
No erythema
No warmth
No deformity
No tenderness to the lateral epicondyle
No tenderness to the medial epicondyle
No tenderness to palpation to the antecubital fossa
No tenderness to palpation of the olecranon bursa
No tenderness over the Ulna Nerve
No elbow pain with supination of the forearm
No elbow pain with pronation of the forearm
Neg provocative test with wrist extension
Neg provocative test with wrist flexion
FROM flexion and extension
DNVI
Motor 5/5
Sensory intact to light touch

Feet:

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

RIGHT and LEFT foot was examined

No tenderness to plantar aspect of foot
No swelling
No erythema
No warmth
No fallen arches
No tenderness on palpation to ball
No tenderness on palpation to the heel
No tenderness to metatarsals on compression
Neg Morton's test
No dorsal tenderness
No tenderness to instep
FROM
Motor 5/5
DNVI
Web spaces without rash
Sensory intact to light touch

Thyroid

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

HEENT unremarkable

Heart RRR w/o M/G/R

Lungs CTA w/o adventitious sounds.

Belly soft and non tender

Thyroid:

No enlargement

No nodules

Neuro non focal

No skin changes

No brittle hair

Patella DTR 2+

Knee

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

RIGHT and LEFT knee was examined

No swelling

No effusion

No induration

No warmth

No crepitus of patella

No medial joint line tenderness

No lateral joint line tenderness

Neg patella femoral grind test

No tenderness to patella tendon

Full extension noted

Full flexion noted

Neg anterior drawer

Neg posterior drawer

Neg McMurray

Varus stable

Valgus stable

No quad atrophy

No soft tissue injury

DNVI

Motor 5/5

Sensory intact to light touch

Lower back

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Lower back:

Normal gate

Normal stance

No muscle spasms

No tenderness to paraspinal muscles

No bony tenderness

Neg straight leg raise

Neg contralateral straight leg raise

No S/I joint tenderness

Neg Thomas' test

DTR 2+ to patella and Achilles

Sensory intact to all dermatomes

Lower extremity motor 5/5 without

No atrophy to lower extremities

Male GU

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Abdomen soft and non-tender

No bladder tenderness

No urethral discharge

No penile lesions or rash

No scrotal mass

Testicles descended

No tenderness to the testicles

No testicular mass

No swelling of the testicles

No tenderness or swelling to epididymis

No lesions, rash, or swollen lymph nodes to suprapubic area

Pos Prehn's sign

Positive cremaster reflex

No inguinal hernia

Neck

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

No sternocleidomastoid muscle tenderness to palpation

Arterial pulses normal to upper extremities

No paracervical muscle tenderness to palpation

No c-spine bony tenderness

Cervical spine motion was normal

No cervical spine pain elicited with range of motion

Full cervical range of motion demonstrated

No pain with foraminal compression

FROM to upper extremities

Upper extremity Motor 5/5

No atrophy of arm muscles

Upper extremity sensory intact to light touch

2+ and symmetrical deep tendon reflexes to triceps, biceps, and brachioradialis

NMRTC SAN DIEGO OFML

Shoulder

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Right and Left shoulders were examined

Neg Neers

Neg Hawkins

Neg Jobes

Full shoulder ROM without pain

No swelling

No edema

No muscle spasms

No erythema

No warmth

No gross deformity

Neg sulcus sign

No atrophy

No A/C joint TTP

No scapular winging

No tenderness to bicipital groove

No tenderness to supraspinatus region

Neg Speed's test

Neg O'Brien's test

Neg pain with cross chest adduction

Neg pain with internal rotation

Neg pain with external rotation

DNVI

Motor 5/5

Sensory intact to light touch

TMJ

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

No masseter muscle hypertrophy

No masseter muscle swelling

No mandibular swelling or tenderness

No mandibular mass

No Right side TMJ tenderness to palpation

No Left side TMJ tenderness to palpation

No evidence of bruxism

Able to protrude mandible without pain

Able to retract mandible without pain

Able to laterally deviate mandible without pain

Able to open mouth without pain

Ear clear to TM, pearly gray, no exudate.

URI

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Head- Normal cephalic

Eyes- PEERRLA, EOMI, no injection, non-icterus

Ears- Clear to TM, no inflammation of exudate, + A/I cone of light

Nose- patent, no rhinitis, no edema

Throat- no inflammation or exudate, uvula midline. Tonsils, if present, are not enlarged

Lungs CTA all lobes without adventitious sounds

Heart RRR without murmurs, gallops, or rubs.

No cervical or occipital lymphadenopathy

Abdomen soft and non-tender

Abdomen

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

HEENT Unremarkable

Heart RRR w/o M/G/R

Lungs CTA

Abdomen

Normal on visual inspection

Soft

Non tender

Non distended

Bowel sounds present

No guarding

No rigidity

No tenderness

No mass

Neg rebound tenderness

Neg referred rebound tenderness

No HSM

Neg obturator

Neg psoas

Neg Murphy's sign

Wrist

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Right and Left wrists were examined

No thenar hypertrophy

No hypothenar hypertrophy

No snuff box tenderness

Neg scaphoid stress test

No swelling

No erythema

No wrist tenderness

FROM without pain

Neg Finkelstein's

Neg provocative test to median nerve

Neg provocative test to ulnar nerve

Neg Phalen's

Neg Phrens

DNVI

Motor 5/5

Sensory intact to light touch

Cellulitis

Well developed, well nourished, well hydrated, A&O x 3, no acute distress, not sick

HEENT unremarkable

Lungs CTA

Heart RRR

Add soft, non-tender

__ cm induration to:

Lesion is tender

Neg fluctuant

Pos warmth

Pos erythema

Neg surrounding lymphadenopathy

Chest pain

Well developed, well nourished, well hydrated, A&O x 3, no acute distress, not sick

HEENT unremarkable

Lungs CTA

Heart RRR w/o murmurs, gallops, or rubs.

Abdomen soft and non-tender, no bruits

No carotid bruits

No JVD

No diaphoresis

Chest:

No surgical scars

No rash

No chest wall pain with respirations

No chest wall pain with palpation

No chest pain with provocative arm or trunk movement

Extremities:

Distal pulses 2+

No edema

Eye

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Right and Left eyes were examined. Visual acuity as noted

Woods lamp without corneal abrasion or ulcer

EOMI

PERRLA

Pupils are normal

No facial swelling, erythema, or warmth

No eyelid swelling, erythema, crust, or discharge

Sclera non icterus

Anterior chamber clear

No obvious foreign body

No limbic flush / ciliary injection

No conjunctiva injection

No Conjunctiva discharge

No chalazion

No Hordeolum

No Pterygium

Eczema

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

___cm diameter erythemic, dry rash to:

No warmth

No excoriations

No lichenification

No secondary infection

Toenails

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Toes of the Right and Left feet were examined

No nail hypertrophy

No onychia

No ingrowing nails

No swelling

No erythema

No drainage

No secondary infection

Fingers

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Right and left fingers and thumb were examined:

Normal appearance

No swelling

No induration

No erythema

No nodules

No deformity

No mal-rotation

No scissoring

No tenderness to palpation

No pain elicited by ROM

Valgus/varus stable to effected finger

Flexor and extensor tendons intact

FROM Flex and extension

Motor 5/5

Sensory intact to light touch

DNVI

HEADACHE

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

HEENT Unremarkable

Heart RRR

Lungs CTA

CN II-XII intact

Neg Rombergs

Normal finger to nose

Normal rapid altering movements

Motor 5/5

Sensory intact

Non-focal neuro

Hip

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Right and Left Hips were examined

Ambulates without limp
Normal visual inspection
No erythema
No induration
No deformity
No tenderness to palpation of the hips
No tenderness to the greater trochanteric bursa
No tenderness to the iliotibial band
No tenderness to the inguinal ligament
No tenderness to Hip flexors
No tenderness to Hip extensors
No tenderness to hip abductors
No tenderness to hip adductors
Full range of motion
Normal internal rotation
Normal external rotation
No pain elicited by hip ROM
No pain elicited by active hip flexion
No pain elicited by active hip extension
No pain elicited by active hip abduction
No pain elicited by active hip adduction
Motor 5/5
Sensory intact to light touch
DNVI
No skin rash

Calf / tib-fib

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Right and Left lower extremities examined

No swelling
No warmth
No redness
No erythema
No rash, sores, ulcers.
No tenderness to the tibial shaft
Normal gross exams to knee/ankle
DNVI
Sensory intact distal to light touch

GYN

Well developed, well nourished, well hydrated, A&O x 3, no acute distress

Lungs CTA

Heart RRR

Abd soft and non-tender, no mass

External genitalia: No rash, lesions, sores, masses

No suprapubic lymphadenopathy

Vaginal wall moist without lesions or mass

No vaginal discharge or malodor

Cervix closed without discharge. No lesions, no CMT

Uterus without tenderness or masses

No adnexal mass or tenderness

Female UTI

Well developed, well nourished, well hydrated, A&O x 3, no acute distress, not sick

Heart RRR

Lungs CTA

No CVA tenderness to palpation

Abdomen soft, no masses

No tenderness over bladder