

Iowa Lakes
Orthopaedics
& Sports Medicine, P.C.

PO Box 273
Spirit Lake, Iowa 51360
Phone: (712) 336-5311
Fax: (712) 336-0020

Back Care
Inc.

National quality care, delivered locally

Fax Cover Sheet

Number of Pages (including cover): 3

Date: 4-23-08

TO: Ashley Postma
Suzlon Roto Corp

FAX #:
507-562-6822

FROM: Patty

FAX #: 712-336-0020
PHONE: 712-336-5311

PATIENT:

Yelissa Reyes Rivera

MESSAGE:

4-23-08 office note

CONFIDENTIALITY NOTE: The documents accompanying this transmission contain information which is confidential and/or legally privileged and is intended only for the use of the individual or entity named on this sheet. If you are not the intended recipient, you are hereby notified that any disclosure, copying, distribution or the taking of any action in reliance of the contents of this telefax information is strictly prohibited, and that the documents should be returned to this facility immediately. In this regard, if you have received this telefax in error, please notify us by telephone immediately so that we can arrange for the return of the original document(s) to us by mail to the above address.

IOWA LAKES ORTHOPAEDICS & SPORTS MEDICINE, P.C.
2309 23RD STREET
P.O. BOX 273
SPIRIT LAKE, IA 51360
(712) 336-5311

Provider: COURTNEY LINTON PAC

Location: Worthington

PatientID: 158988

Patient Name: YELISSA N REYES RIVERA

Date of Birth: 10/21/1982

Date of Service: 04/23/2008 03:38 pm

The patient is a 26 year old female referred by Dr. Sudmeier with complaints of bilateral wrist pain and swelling. She has worked at Suzlon Rotor Corporation for the past 4 months and over the past one month has noted the development of soft tissue masses on the dorsum of the wrist left greater than right. The left wrist mass has increased in size and she now has pain and numbness into the hand with pain radiating into the forearm and at times into the shoulder.

The right wrist has presented with a smaller mass but she has the same problems with this wrist especially with flexion. She has moved from her glass cutting position to a position where she uses a scissors to cut foam and fiberglass. She was evaluated by Dr. Sudmeier and was given medication for inflammation. She does not relate this has improved things. She is right hand dominant. She denies a prior history of ganglion cysts or other wrist dysfunction.

MEDICATIONS: None.

ALLERGIES: NKDA.

SOCIAL HISTORY: She does not smoke. She has been employed at Suzlon Rotor Corporation for the past 4 months.

SURGERIES: None.

REVIEW OF SYSTEMS: ENT, Cardiac, respiratory, GI, GU, endocrine, neuropsychiatric and hematologic reviews are unremarkable.

PHYSICAL EXAMINATION: The patient is 5' 4" tall and weighs 140 lbs. She is a pleasant female in no acute distress. She is accompanied by Augusto who is interpreting but there is difficulty with communication.

The wrists are examined. She has a large swelling on the dorsum of the left wrist measuring approximately 2 cm x 2 cm consistent with a ganglion cyst. This is painful with palpation. The mass is increased in size with flexion of the wrist. This is painful as well. She maintains full ROM of the elbow and shoulder without pain. She has good capillary refill and CMS is intact. The right wrist is also examined. She has a much smaller mass in a similar area on the dorsum of the wrist which becomes more pronounced with flexion. This is less tender. Skin is nonerythematous. CMS is intact overall.

ASSESSMENT: Bilateral wrist dorsal ganglion with increased symptoms to the left wrist.

PLAN: Options were discussed with the patient including the use of braces versus surgical intervention. Aspiration was also discussed but due to the high recurrence rate this was not recommended. As the left wrist mass has become increasingly bothersome over the past month, I would recommend surgical intervention to have

IOWA LAKES ORTHOPAEDICS & SPORTS MEDICINE, P.C.
2309 23RD STREET
P.O. BOX 273
SPIRIT LAKE, IA 51360
(712) 336-5311

Provider: COURTNEY LINTON PAC

Location: Worthington

PatientID: 158988

Patient Name: YELISSA N REYES RIVERA

Date of Birth: 10/21/1982

Date of Service: 04/23/2008 03:38 pm

the mass removed. I attempted to explain the risks and possible complications of surgery along with the possible recurrence rate and the patient reviewed a permit that was in Spanish. She voiced no concerns. She will be restricted at work to activities as tolerated with the braces on

. She was fitted with flexible wrist braces today. She would like to proceed with surgery as soon as possible. This will be set up pending approval from W/C. I feel that her current symptoms are a direct result of her repetitive work while employed at Suzlon. Concerns about the effectiveness of our translation today was expressed to the w/c representative at Suzlon. The patient will contact us with concerns prior to next appointment.

CNL/pal

cc: Dr. Sudmeier
W/C