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**Emergency Care Center**  
**Registered Date of Service: 4/29/2006 8:31:00PM**

**REASON FOR VISIT:**

The patient is registered by the clerical staff complaining of "injury left ankle"

**HISTORICAL DATA:**

MODE OF ARRIVAL: The patient arrived by private vehicle.

**CHIEF COMPLAINT:**

Left ankle injury

**HISTORY OF PRESENT ILLNESS:**

The patient presents for evaluation of an injury to the left ankle occurring shortly prior to arrival. There is associated pain. There is associated swelling. There is decreased range of motion since the injury. There are no other injuries. The injury was the result of an inversion injury. The injury was sustained while skating.

**PAST MEDICAL HISTORY:**

The patient's past medical history is unremarkable.

**CURRENT MEDICATIONS:**

See nurse's notes for medications.

**ALLERGIES:**

None.

**PHYSICAL EXAM:**

GENERAL: well developed, well nourished, female, awake and alert.

EXTREMITIES:

ANKLE: There is moderate swelling of the left ankle. There is no deformity. There is lateral tenderness. Range of motion is decreased. Neurovascular status is normal.

NEURO: Alert and cooperative. Sensory and motor functions grossly intact.

**INVESTIGATIONS:**

RADIOLOGY:

PLAIN FILMS:

Ankle, Limited, left, interpreted as soft tissue swelling, by the staff radiologist.

**ORDERS:**

ORTHOPEDIC INTERVENTIONS: An ice pack is ordered placed on the affected area.

**MEDICATIONS ORDERED:**

Vicodin, Dosage: 1 tab, Route: PO

**PRESCRIPTIONS:**

ibuprofen, Dosage: 800 mg, Disp: -20-, Sig: 1 tab po q 4h prn fever/pain, Refills: -0-

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**ADOL FEMALE A TEST 31**  
123 AnyStreet  
AnyCity CA, 00000  
000-000-0000

Pt Acct #: X006105340  
Date: 5/3/2006  
MRN: M0491596  
Age: 17Y  
Practitioner: Chris Thompson, MD, FACEP

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**EXCUSES:**

WORK EXCUSE-PLACED COMPLETELY OFF DUTY.

- The patient is placed off work with recheck in 3 days.
- Estimated period of disability is 3 days.

**DIAGNOSTIC IMPRESSION:**

PRIMARY DIAGNOSIS:

Acute, sprain of the left ankle.

**DISPOSITION:**

**LOWER EXTREMITY ORTHOPEDIC DISCHARGE INSTRUCTIONS:**

- A "Contusion" is a bruise, usually from bumping something or the injured area being struck by something.
- A "Sprain" is stretching and/or tearing of the ligaments of a joint. Ligaments are "gristle"-like, tough tissue that holds the bones of a joint together. Tendons move over a joint and are the end attachment of a muscle.
- A "Strain" is stretching or tearing a tendon or muscle, similar to a sprain.
- A "Fracture" is a broken bone. Fractures can be further described as "displaced" (not in its normal position), "angulated" (the bones aren't not in a straight line), "open" (the bones come through the skin) or "closed" (the bones don't come through the skin).
- A "Dislocation" is when two bones become separated, rather than normally being joined together by ligaments. When the two bones come part, the joint is "dislocated". This also means the ligaments which hold the joint together are torn or stretched. This usually happens from an injury.
- Elevate the area whenever possible. Resting the injured ligament, tendon, muscle or bone is the key to healing.
- Apply ice bag for first 24-36 hours.
- If an ACE Bandage was applied, you should loosen it every few hours. It is primarily placed for comfort. If numbness, pain, swelling or blue discoloration occurs, have the ACE wrapping checked by experienced personnel immediately and reapplied.
- WOUNDS: Any wound may become infected even with the best care, so watch for redness, worsening pain or swelling, and see doctor if this should occur.
- If a splint was placed, keep it dry and do not remove it.

**CRUTCHES:**

- If you were given crutches, do not stand on the injured extremity. Use the crutches given. Use your arms to support your weight. If you feel numbness or tingling in your arms you are using the crutches incorrectly, and "pinching" nerves in your armpits. Make sure your crutches have rubber tips on the ends to prevent slippage. Rubber pads at the armpits make the crutches more comfortable.
- When standing with the crutches about 6 inches from your feet, the underarm pieces should be 1 to 1 1/2 inches below your armpits.
- Keep the crutches in front of you to ensure a better balance. If numbness, pain, swelling or blue discoloration occurs, have the ACE wrapping and crutches checked by experienced personnel immediately and reapplied.
- Keep the splint dry at all times and do not remove it.

**THINGS TO WATCH FOR:** numbness in parts of the extremity further down from the injury, severe swelling, discoloration further down the affected extremity, a cold sensation (not from ice) and signs of infection in a wound, such as redness, drainage and swelling.

- Take any prescribed medications as directed.
- Take acetaminophen or ibuprofen (Tylenol or Advil/Motrin) purchased over-the-counter for minor pains and fever.
- Call or return to the Emergency Department if you develop increased symptoms, increased pain or other emergent or serious symptoms. Please call if you have any questions regarding your symptoms.

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**FOLLOW-UP:** Follow-up with your doctor, your choice of physician from the FAMILY PRACTICE LIST in 3 days for re-evaluation.

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