

Assessment plan : sample2

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This report is to have an informed conversation with your doctor. Do not self medicate, specially the medicines with **Prescription only** tag. It is for your own safety.

User: A 35 year old male from Kolkata is having shoulder pain for last few days followed by a sudden sprain while doing exercise.

Dr Tori: Did you hear or feel a pop at the time of the injury?

User: Yes, seemed like it but not sure.

Dr Tori: 1. Can you describe the pain? Is it sharp, dull, or aching? 2. Do you have any weakness or difficulty lifting your arm? 3. Is the pain constant, or does it come and go?

User: Dull, yes difficulty in lifting the arm , no resting pain only during movement

Dr Tori: Is there any swelling or bruising around the shoulder area?

User: Nope, the area is absolutely normal.

Dr Tori: Can you specify the exact spot where it hurts the most?

User: Probably behind and below the shoulder joint. Mostly I feel the pain if I try to reach my back with that hand (unable to do).

Dr Tori: Was there any previous injury to the shoulder before this incident?

User: Nope

Dr Tori: Do you feel any tingling or numbness in the shoulder or arm?

User: Nope

Dr Tori: Has this pain affected your daily activities or ability to sleep?

User: No

Dr Tori: Does the pain increase when lifting objects or performing overhead activities?

User: Yes

Dr Tori: Do you have any other medical conditions or take any regular medications?

User: Nope

Dr Tori: Do you have any known allergies to medications?

User: Only to sulfar group of drugs.

Dr Tori: How much can you afford for treatment? Are you looking for more affordable options or are you open to all possibilities?

User: Open to all possibilities, but I dont want surgery.. best is if I can do this from home.

Dr Tori: Can you describe your daily routine and any physical activities you regularly engage in?

User: Not much, I do desk job. That day only I was trying some.. :(

Dr Tori: Would you be able to commit to a daily exercise or physical therapy routine at home?

User: Yes, if it can be done without any special equipments.

Assessment It looks like you have rotator cuff tendinitis, which is an inflammation of the tendons in your shoulder. This can happen due to overuse or sudden strain, like the exercise you mentioned. The good news is that it can often be managed with home exercises, rest, and some medications to reduce inflammation. Surgery is usually not needed.

✔ approach:

- **Immediate Phase (First 1-2 Weeks):**

- **Rest and Ice:** Avoid activities that aggravate the pain, especially overhead movements. Apply ice to the affected shoulder for 15-20 minutes, 3-4 times a day.
- **Pain Relief Prescription Only :** Take Ibuprofen 400 mg every 6-8 hours as needed for pain and inflammation. Do not exceed 2400 mg per day.
- **Topical NSAID Prescription Only :** Apply Diclofenac gel to the affected area 3-4 times a day.

- **Early Rehabilitation (Weeks 2-4):**

- **Pendulum Exercises:** Stand and lean over slightly, allowing the affected arm to hang down. Swing the arm gently in small circles, gradually increasing the diameter. Perform for 5 minutes, twice a day.
- **Passive Range of Motion:** Use your good arm to lift the affected arm in front of you and to the side. Do this gently and within a pain-free range. Perform 10 repetitions, twice a day.

- **Strengthening Phase (Weeks 4-8):**

- **Isometric Exercises:** Press the back of your hand against a wall without moving your shoulder. Hold for 5 seconds and release. Repeat 10 times, twice a day.
- **Theraband Exercises:** Use a resistance band to perform internal and external rotation exercises. Attach the band to a door handle, keep your elbow at a 90-

degree angle, and rotate your arm inward and outward. Perform 10 repetitions, twice a day.


- **Maintenance Phase (Beyond 8 Weeks):**

- **Stretching:** Perform shoulder stretches daily to maintain flexibility. Hold each stretch for 20-30 seconds and repeat 3 times.
- **Strengthening:** Continue with resistance band exercises and gradually increase the resistance as tolerated. Aim for 3 sets of 10 repetitions, three times a week.

- ✓ **expectation:**

- **Chance of Cure:** High
- **Timeframe:** 8-12 weeks
- **Sustainability:** Long-term if exercises are continued

- ✓ **rationality:** This regimen targets the root cause of rotator cuff tendinitis by reducing inflammation, promoting healing through rest and ice, and gradually strengthening the shoulder muscles to prevent future injuries. The combination of pharmacological and physical therapy interventions ensures a comprehensive approach to recovery.

 Print opinion