

S: Pt c/o p! over the L side of the ribs. Pt is a football player. Pt pin-pointed p! to anterior part of the 6th rib. Pt described mechanism as being fallen on after being tackled. Pt described p! as sharp and constant. Pt had trouble breathing deep. Pt said most movement, especially twisting, was painful. P! scale was a 8/10. Pt has no hx of thoracic injury. Pt is not currently taking any medications and Pt reports no other symptoms.

O: Pt had bruising on the ant portion of his L side on the ribs. Some deformity was present and the Pt was tender to touch. Pt had p! with active truck forward flexion and lateral flexion to the L side. Pt also had p! with truck rotation. PROM and RROM were not performed due to obvious p! with AROM.

A: Pt has possible fx to 6th rib.

Problem List: Bone fx, p! breathing and movement leading to decreased ROM.

STG: decrease p! over ribs and protect area with padding.

LTG: increase ROM and eventual RTP

P: Pt will get X-ray asap to determine if fx is present. Pt will ice for 30 mins every 2 hours to decrease bruising and swelling. Symptoms will be treated until after receiving X-rays results. Plan for recovery will be determined based on results. Pt will be given wrap to protect area until x-ray results are seen.

3/21/15

Nathan Millikan, ATS