



AFTER VISIT SUMMARY

Nyia B. Morrison MRN: 000012310901

8/24/2023 Lankenau Medical Center Emergency Department 484-476-2275

Instructions

There is no evidence of a blood clot on ultrasound today. As discussed you likely have a strain of the calf muscle. Would recommend stretching and using over-the-counter medications for pain as tolerated.

Please followup with you primary doctor to review your visit and discuss further treatment. If new, worsening, or not improving symptoms occur please call your primary doctor or return to the emergency room (nearest emergency room).

Please review and discuss all medications with your primary doctor and any labs/imaging that may have been performed today.

If labs/imaging is still pending please call the emergency department to obtain those results in 1 - 2 days



Read the attached information

1. Muscle Strain Easy-to-Read (English)
2. Calf Stretch (English)



Call Maria Mazzotti, DO

Why: As needed
Contact: 1632 PINE ST
Phila PA 19103
215-735-7992

Today's Visit

Your care team consisted of: Henry (Ed) Edward Seibert, MD, Justin T. Domenico, PA C

Diagnoses

- Pain of left calf
- Strain of left calf muscle



Imaging Tests

US venous leg, LL extremity



Medications Given

acetaminophen (TYLENOL) Last given at 12:30 PM

lidocaine (ASPERCREME) Last given at 12:30 PM



Blood Pressure

128/89



Temperature (Temporal)

97.5 °F



Pulse

85



Respiration

17



Oxygen Saturation

99%

What's Next

You currently have no upcoming appointments scheduled.

Additional Information

If you do not continue to improve, or if your condition worsens, please call your doctor or the Emergency Department right away. You may also

Main Line Health MyChart Sign-Up

Send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

Go to <https://my.mainlinehealth.org/mychart/>, click "Sign Up Now", and enter your personal activation code: **ZN3QQ-4SG9R-J3MHS**. Activation code expires 10/8/2023.

Your Medication List

You have not been prescribed any medications.

Main Line Health Care Everywhere CEID = MLH-V8B9-4KRH-8JFC

Recognize a Nurse or Hospital Employee

The DAISY Award



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES

Do you want to recognize a Nurse for outstanding service?
NOMINATE YOUR NURSE!

The DAISY Award for extraordinary nurses is granted to nurses who demonstrate extraordinary compassion and nursing care.

Scan this QR Code



Or visit: <https://forms.office.com/r/abt0fSiUJ8>

The BEE (Being Exceptional Everyday) Award



Do you want to recognize a MLH Staff Member for outstanding service? Nominate them TODAY!

The BEE AWARD is for extraordinary MLH Staff members who demonstrate EXCEPTIONAL care and patient / peer support EVERYDAY! *For nurse nominations, please see the Daisy Award!

Scan this QR Code



Or visit: <https://forms.office.com/r/rEHVn08LnM>

- If the splint is not waterproof:
 - **Do not** let it get wet.
 - Cover it with a watertight covering when you take a bath or a shower.

Managing pain, stiffness, and swelling



- If told, put ice on your injured area. To do this:
 - If you have a removable splint, take it off as told by your doctor.
 - Put ice in a plastic bag.
 - Place a towel between your skin and the bag.
 - Leave the ice on for 20 minutes, 2–3 times a day.
 - Take off the ice if your skin turns bright red. This is very important. If you cannot feel pain, heat, or cold, you have a greater risk of damage to the area.
- Move your fingers or toes often.
- Raise the injured area above the level of your heart while you are sitting or lying down.
- Wear an elastic bandage as told by your doctor. Make sure it is not too tight.

General instructions

- Take over-the-counter and prescription medicines only as told by your doctor. This may include:
 - Medicines for pain and swelling that are taken by mouth or put on the skin.
 - Medicines to help relax your muscles.
- Limit your activity. Rest your injured muscle as told by your doctor. Your doctor may say that gentle movements are okay.
- If physical therapy was prescribed, do exercises as told by your doctor.
- **Do not** put pressure on any part of the splint until it is fully hardened. This may take many hours.
- **Do not** smoke or use any products that contain nicotine or tobacco. If you need help quitting, ask your doctor.
- Ask your doctor when it is safe to drive if you have a splint.
- Keep all follow-up visits.

How is this prevented?

Warm up before you exercise. This helps to prevent more muscle strains.

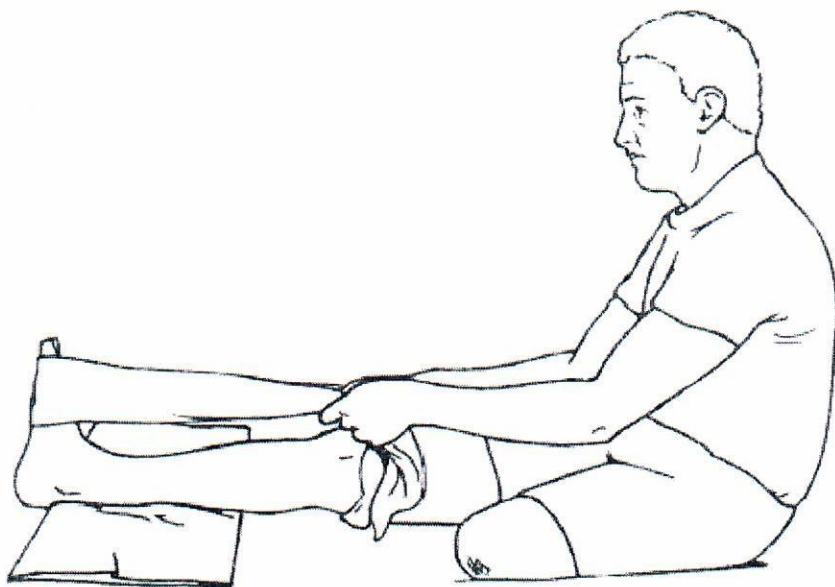
Contact a doctor if:

- You have more pain or swelling in the injured area.

Attached Information

Calf Stretch (English)

Calf Stretch



With towel around forefoot, keep knee straight and pull back on towel until a stretch is felt in the calf. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.

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MLH:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
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- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, ask a doctor, nurse or department manager where you are receiving care.

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You or your representative can file a grievance in person or by mail, fax, or email. If you or your representative need help filing a grievance, Patient Guest Relations/Patient Advocacy at any of the MLH hospitals is available to help you. You or your representative can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf> or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue S., Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Language	Notice for Free Language Assistance Services
SPANISH	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-484-337-2662
CHINESE	注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-484-337-2662
VIETNAMESE	CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-484-337-2662

Morrison, Nyia B (MRN 000012310901)

Encounter Date: 08/24/2023

**Morrison, Nyia B #000012310901 (Acct:4104415297
CSN# 91097560) (DOB:01/06/1962 61 y.o. F) PCP:
MAZZOTTI, M (215-735-7992)**

ED42 (Ready for Discharge)

Imaging Results

US venous leg, LL extremity (Final result)

Result time 08/24/23 12:46:11

Final result

Impression:

IMPRESSION:

No evidence of deep venous thrombosis in the left femoropopliteal system.

Narrative:

CLINICAL HISTORY: left lower extremity pain Clinical concern for deep venous thrombosis

COMMENT: Multiple real time images of the deep venous system of the left lower extremity were performed. Compression maneuvers as well as duplex and color Doppler evaluations were also performed. There is normal compressibility of the left common femoral, femoral and popliteal veins. Additionally visualized portions of the upper calf veins are compressible.

Doppler evaluation is unremarkable.

Get help right away if:

- You have any of these problems in your injured area:
 - Numbness.
 - Tingling.
 - Less strength than normal.

Summary

- A muscle strain is an injury that happens when a muscle is stretched beyond normal length.
- This condition is first treated with PRICE therapy. This includes protecting, resting, icing, adding pressure, and raising your injury.
- Limit your activity. Rest your injured muscle as told by your doctor. Your doctor may say that gentle movements are okay.
- Warm up before you exercise. This helps to prevent more muscle strains.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Revised: 03/07/2022 Document Reviewed: 03/07/2022
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Muscle Strain

A muscle strain, or pulled muscle, happens when a muscle is stretched beyond its normal length. This can tear some muscle fibers and cause pain.

Usually, it takes 1–2 weeks to heal from a muscle strain. Full healing normally takes 5–6 weeks.

What are the causes?

This condition is caused when a sudden force is placed on a muscle and stretches it too far. This can happen with a fall, while lifting, or during sports.

What increases the risk?

You are more likely to develop a muscle strain if you are an athlete or you do a lot of physical activity.

What are the signs or symptoms?

- Pain.
- Tenderness.
- Bruising.
- Swelling.
- Trouble using the muscle.

How is this treated?

This condition is first treated with PRICE therapy. This involves:

- Protecting your muscle from being injured again.
- Resting your injured muscle.
- Icing your injured muscle.
- Putting pressure (*compression*) on your injured muscle. This may be done with a splint or elastic bandage.
- Raising (*elevating*) your injured muscle.

Your doctor may also recommend medicine for pain.

Follow these instructions at home:

If you have a splint that can be taken off:

- Wear the splint as told by your doctor. Take it off only as told by your doctor.
- Check the skin around the splint every day. Tell your doctor if you see problems.
- Loosen the splint if your fingers or toes:
 - Tingle.
 - Become numb.
 - Turn cold and blue.
- Keep the splint clean.

Additional Information (continued)

return to the Emergency Department at any time if your condition worsens or you feel you need to be rechecked.

Following up with your Primary Care Provider (PCP) is important even if you've been referred to a specialist as part of today's care. Main Line Health strongly recommends that you visit with your PCP regularly to help keep you healthy. Your PCP can assist you in making sure you have everything you need to recover and that you're up to date with any wellness exams, immunizations and preventive screenings.

If you do not have a PCP, please call **1-866-CALL-MLH (1-866-225-5654)** or go to www.mainlinehealth.org/find-a-doctor for help with finding one.

You may have received a list of your medicines in a medication reconciliation form. Take that list with these instructions (and any lab, EKG, or radiology results that you may have received) with you when you see your doctor for follow up care.

Delayed Reports: Some studies or reports take time to be finalized. Please be aware that you may be sent by mail, either certified, regular or both, more information related to today's emergency visit.

Radiology Studies: If you have received any radiology studies (CT scans, x-rays, ultrasounds, MRIs) today, please note that some studies may have been read as "preliminary." A final reading will be completed and you will be notified of any significant discrepancies or significant additional findings. Final results are available usually within 24 hours. Have your doctor call for the results.

If you have any non-urgent concerns, comments or compliments, please call the **Patient Advocate** at 484-476-2845.

If you currently SMOKE, we strongly suggest that you STOP SMOKING! You may call Main Line Health's FREE state-approved smoking cessation program at 1-866-CALL-MLH.

We are here all the time for your health care needs. Call 911 and come to the Emergency Department right away for any of these symptoms or other concerns that you feel require emergency care:

- Numbness or weakness, headache, confusion, visual disturbances, trouble speaking, and trouble walking, as these could be signs of a **STROKE**.
- Shortness of breath, fatigue, excessive sweating, nausea, vomiting, weakness, dizziness, leg swelling, or chest pain as these could be signs of **HEART FAILURE or HEART ATTACK**.

If you or someone you know needs support for a suicidal, mental health and/or substance use crisis, help is available 24/7 by calling or texting:

The Suicide & Crisis Lifeline at 988 or 1-800-273-TALK (8255)

Opioid Overdose: Common symptoms include sleepiness, difficulty waking from sleep, confusion, slurred speech, slowed breathing, slow heart rate, and abnormally small pupils.

- If you believe someone is experiencing an opioid overdose, **call 911!**

PA Get Help Now, is available 24/7 throughout the Commonwealth to help those suffering from addiction find immediate help:

**PA Get Help NOW
1-800-662-HELP (4357)**

