

Jon Hyman, MD, PC

Thanks for emailing us your information. It is kept confidentially. Kindly email your history to Dr. Hyman at hymanteam@gmail.com.

Essentially, the details of he wants to know are:

1. What are your symptoms?– please be as detailed as possible
2. What makes them better or worse?
3. When and how did the problem start?
4. What treatment have you had (if any)?

The more details you provide the better.

An EXAMPLE of a “History of the Problem” is below.

Dr. Hyman, here is my story:

I’m a 46 year old woman with severe pain in my right shoulder. I’m right handed. I work as a nurse and it affects my job.

Symptoms: My symptoms are sharp and burning pain. I have weakness and it feels very stiff.

The pain is worse if I sleep on my right side or lift my arm or anything overhead. I can’t get things out of the cabinets in my kitchen or overhead bins when I fly, which I do frequently. It hurts to grab the steering wheel and when hooking my bra strap. It hurts at night and I can’t sleep at times. It feels better if I keep it tucked in at my side.

What happened: It all started when I was hanging some shelves at home back in the Summer of 2006. I don’t remember the exact date. I slipped on the step stool and fell down, landing up against the wall and a step. My shoulder banged the wall hard and was bruised. The shoulder began hurting that night and it has hurt off and on since then.

Treatment: I rested it and tried not to use it for a few months then when I couldn’t take it anymore I went to my primary doctor’s office. She have me some pills and some exercises and I did them daily. I didn’t take the pills because I don’t like taking medication. It got better for about six months. I have a teenage son and we like to play tennis together but I can’t play with him any more because it hurts too much.

In July of 2007 my primary doctor sent me to an ortho doctor, Dr. Smith, and he gave me a shot and sent me to Physical therapy. I did the therapy for 3 months and it did not really help. The shot did help for a while. I have given up playing tennis and more. My doctor suggested I see another ortho doctor and recommended you.

Thank you very much!