

# **Southwest Regional Medical Center**

Provider: Dr. Sarah Johnson, MD

Date of Service: 03/15/2024

Patient: John Smith

## ***Chief Complaint:***

Patient presents with lower back pain radiating to left leg following motor vehicle accident on 03/01/2024.

## ***History of Present Illness:***

45-year-old male involved in rear-end collision on 03/01/2024. Reports onset of low back pain immediately after accident. Pain rated 7/10.

## ***Physical Exam:***

Vital Signs: BP 130/85, HR 78, Temp 98.6F. Lumbar spine: tenderness at L4-L5. Straight leg raise positive on left.

## ***Assessment:***

1. Lumbar disc herniation, L4-L5
2. Left-sided radiculopathy
3. Cervical strain

## ***Plan:***

1. Order MRI lumbar spine
2. Prescribe Naproxen 500mg BID
3. Refer to physical therapy 2-3x/week
4. Follow up in 2 weeks

## ***Work Status:***

Restrictions: No lifting over 10 lbs, no prolonged sitting. Light duty only.

# **Southwest Radiology Associates**

## **Radiology Report**

Exam Date: 03/18/2024

Study: MRI Lumbar Spine without contrast

Referring Provider: Dr. Sarah Johnson

### ***Technique:***

Standard MRI protocol for lumbar spine was performed without IV contrast.

### ***Findings:***

L4-L5: Posterior disc herniation measuring 5mm, causing mild left foraminal narrowing and impingement of the left L5 nerve root. No spinal canal stenosis.

### ***Impression:***

1. L4-L5 disc herniation with left foraminal narrowing and L5 nerve root impingement. 2. No fracture or significant stenosis identified. 3. Recommend clinical correlation.

# **Pinnacle Physical Therapy & Rehabilitation**

## **Physical Therapy Daily Note**

Visit Date: 03/22/2024

Visit #1

Plan of Care: Lumbar stabilization

### ***Subjective:***

Patient reports continued low back pain 6/10, with radiating left leg symptoms.

### ***Exercise:***

Therapeutic exercise: core stabilization, nerve glides, gentle ROM. 20 minutes total.

### ***Progress:***

Patient tolerated treatment well. Goals: reduce pain to 3/10 by week 6.

# **Southwest Regional Medical Center**

## **Patient Statement of Charges**

Statement Date: 04/01/2024

Patient: John Smith

Office Visit 03/15/2024 — CPT 99214 — \$250.00  
X-Ray Cervical Spine — CPT 72040 — \$175.00

Total Due: \$425.00

Balance Due: \$425.00