

PLAN:

1. Cervical collar for comfort
2. Flexeril 10mg TID for muscle spasm
3. Ibuprofen 800mg TID with food
4. Follow up with orthopedics within 1 week
5. MRI cervical and lumbar spine recommended if symptoms persist
6. Patient advised no work x 2 weeks
7. Return precautions given

Patient is unable to perform usual daily activities due to pain and limited mobility. Prognosis for full recovery uncertain pending further evaluation.

Attending Physician: James Chen, MD

Date/Time: 01/15/2024 22:45