

Medical History of Patient: Albert Johnson

Date of Consultation: February 2, 2024

Patient presented with complaints of persistent lower back pain over the last six months, exacerbated by physical activity.

Previous Medical History:

- 2010: Fractured left tibia from a motorcycle accident.
- 2018: Diagnosed with Type 2 Diabetes, managed with Metformin.

Family History: Father had degenerative disc disease; mother diagnosed with osteoporosis.

Current Observations:

- Pain intensity: 7/10 on a numeric scale.
- Physical exam: Reduced range of motion in the lumbar spine.

Recommendations:

- Imaging: MRI for lumbar spine.
- Medication: Ibuprofen 400mg as needed, physiotherapy sessions for six weeks.

Follow-Up: Scheduled after MRI results are available.