

## Medical Examination Report

### Patient Information

Name: John Doe

Age: 42

Gender: Male

Patient ID: MD-2048-9932

### Chief Complaint

Patient reports persistent lower back pain for the past 3 weeks, worsening with physical activity and prolonged sitting.

### Medical History

- Hypertension (diagnosed 2019)
- Mild asthma (childhood onset)
- No known drug allergies
- Non-smoker, occasional alcohol use

### Physical Examination

- Blood Pressure: 138/87 mmHg
- Heart Rate: 78 bpm
- Respiratory Rate: 16 breaths/min
- Temperature: 36.7°C
- BMI: 27.4 kg/m<sup>2</sup>

Musculoskeletal exam reveals mild tenderness in the lumbar region, limited flexion due to discomfort, no visible swelling, and normal gait. Neurological exam normal.

### Laboratory Tests

CBC: Within normal limits

CRP: Slightly elevated (11.2 mg/L)

Fasting Glucose: 95 mg/dL

Kidney Function: Normal

### Imaging

Lumbar spine X-ray shows mild degenerative changes, no fractures or disc space narrowing observed.

### Assessment

Findings are consistent with mechanical lower back pain likely due to muscle strain and mild lumbar degeneration.

### Plan

- Prescribe NSAIDs for 7 days
- Recommend physiotherapy (stretching + strengthening exercises)
- Advise reduced heavy lifting for 2 weeks
- Follow-up appointment in 10 days or earlier if symptoms worsen

### Physician

Dr. Emily Carter

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