

Physician Follow-Up Report

Patient Name:	Jane Smith
Date of Visit:	2023-09-14
Facility:	Lakeside Primary Care
Attending Physician:	Dr. Robert Keene

Reason for Visit

The patient followed up with her primary care physician after experiencing persistent neck pain and stiffness following a motor vehicle collision on 2023-09-12. She was initially evaluated in the Emergency Room, where she was diagnosed with cervical strain and advised to rest and take over-the-counter pain relievers.

Symptoms Reported:

- Persistent neck pain rated 4/10 at rest and 6/10 during movement.
- Increased stiffness in the mornings and after prolonged sitting.
- Occasional shoulder discomfort, primarily on the left side.
- No headaches, dizziness, or numbness in extremities.

Physical Examination:

Neck: Reduced range of motion in flexion, extension, and rotation. Tenderness noted along cervical paraspinal muscles.

Shoulders: Mild tenderness on the left side, no visible swelling or deformity.

Neurological Exam: Normal. No deficits in strength, reflexes, or sensation.

Diagnostics:

X-rays of the cervical spine were ordered to rule out fractures or structural abnormalities. Imaging results show no fractures or dislocations, confirming the diagnosis of soft tissue strain.

Treatment Plan:

1. Referred the patient to physical therapy for a structured rehabilitation program to address pain and stiffness.
2. Continued use of over-the-counter pain relievers (ibuprofen, as needed).
3. Recommended ergonomic adjustments for work and driving to reduce strain on the neck.
4. Advised follow-up in 2-4 weeks or sooner if symptoms worsen.

Prognosis:

With adherence to physical therapy and at-home care, the patient is expected to recover fully within 6–8 weeks. There are no indications of long-term complications at this time.

Physician's Notes:

The patient appears motivated to recover and has been compliant with prior treatment recommendations. Her symptoms align with the nature of the reported incident, and no secondary injuries or unrelated conditions were observed.

Attending Physician Signature:

Dr. Robert Keene

Date: 2023-09-14

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Note: Patient was seen by another physician on 9/13/2023