

Smith, John

DOB: January 20th, 1984

MRN: 789

Date: February 1st, 2022

Follow-up: 6 weeks

Diagnosis: Low back pain, unspecified (M54.50)

Work Duty: Full duty

Chief Complaint: Right Lower Back, and Left Lower Back pain

History Of Presenting Illness:

John Smith is a very pleasant 38 year old male who presents with the complaint of sore ,dull ,achy ,deep pain at Right Lower Back, and Left Lower Back. He states the symptoms have been present since January 2nd, 2022, at moderate to severe level intensity. He denies any injury. He states symptoms are worse with weightbearing, walking, lifting overhead, sleeping, bending over, and socks & shoes and get better with rest, heat, and massage. He denies any radiating symptoms. He has not received any treatment for this issue in the past. He has taken the following medications to help with this condition: TYLENOL (Oral Pill) 500 mg 3x Daily ,

Allergies:

1. RITE AID #1839
2. ZOCOR (Oral Pill) Zocor reaction

Medications:

1. SYNTHROID (Oral Pill)-25-mg 2x Daily
2. amLODIPine (Oral Pill) mcg 1x Daily
3. Simvastatin (Oral Pill)-100 mcg 2x Daily

Past Medical History:

1. anxiety
2. asthma
3. COPD/Emphysema
4. high blood pressure
5. seizure disorder

Past Surgical History:

- Knee arthroplasty - total
- Carpal tunnel release

Family History:

Mother's Conditions: Hypertension, and Arthritis

Fathers's Conditions: Heart Disease, Cancer, and Stroke

Grand Parents Conditions: Cancer, Hypertension, and Stroke

Siblings Conditions: Hypertension

Social History:**Occupation:** Engineer**Marital Status:** single**Smokes:** yes - 1 pack/daily**Drinks:** yes - 1 per sitting/daily**Hand Dominance:** left**Review of Systems:****General:** fever or chills, and trouble sleeping**Neurological:** tingling**Skin:** none**Hematologic:** none**Musculoskeletal:** Muscle or joint pain, and back pain**Endocrine:** none**Psychiatric:** none

Physical Examination: John Smith is an a&o x 3 male that appears equal to the stated age. He has a pleasant demeanor. He is able to follow instructions. He is in no acute distress.

Vitals:

Ht: 5' 11"

Wt: 159 lbs

BMI: 22.173578

BP: 120/80

Pulse: 64

RR: 14

Skin Exam positive for:

- Normal

The Patient has tenderness to palpation at:

- Torso_Muscles_Latissim_Muscle_Right
- Torso_Muscles_Latissim_Muscle_Left

Range of motion:**Strength:**

Right	Name	Left
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The patient has a positive:

- Straight Leg Raise on the left
- Straight Leg Raise on the right
- Pain with Extension on the left

- Pain with Extension on the right

The patient has a negative:

- Si Copression on the left
- Si Copression on the right

Assessment: John Smith is a 38 year old male with:

1. Low back pain, unspecified (M54.50)

Plan: John Smith presents signs and symptoms consistent with: Low back pain, unspecified (M54.50)

Diagnosis, diagnostic studies, and treatment plan was reviewed with the patient at today's visit.

Treatment plan includes:

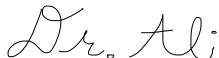
- Physical Therapy - Diagnosis: Low Back Pain - PT Eval & Treat - Core Strengthening, Gait Training, Balance, Nueroproprioception
- NSAIDS
- Tylenol
- Cane

The patient will follow up in 6 weeks.

Work Duty:

Full duty

Ali, M.D.



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