

**Smith, John**

**DOB:** January 20th, 1984

**MRN:** 789

**Date:** February 7th, 2022

**Follow-up:**

**Diagnosis:** none

**Work Duty:** Full duty

**Chief Complaint:** Right side of neck, left side of neck, right upper back, and left upper back pain, and tingling

**History Of Presenting Illness:**

John Smith is a very pleasant 38 year old male who presents with the complaint of tingling and dull, achy, sharp, sore pain to his right side of neck, left side of neck, right upper back, and left upper back. He states the symptoms have been present since February 7th, 2022, at moderate to severe level intensity. He admits to injury: " lifting a box over head at work ". He states symptoms are worse with walking, bending over, and stairs and get better with rest, medication, and heat. He denies any radiating symptoms. He has received treatment for this issue in the past including . He has taken the following medications to help with this condition: TYLENOL (Oral Pill) 500 mg TID

**Allergies:**

1. Levothyroxine (Oral Pill)
2. Acetaminophen/Codeine (Oral Pill) Hallucinations
3. Penicillin V potassium (Oral Pill) Hives

**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
- Arthroscopy

**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

**Martial 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:

Wt:

BMI: 0.0

BP:

Pulse:

RR:

**Skin Exam positive for:**

- Normal

**Range of motion:**

**Strength:**

Right	Name	Left
5/5	Cervical Spine Flexion	5/5
5/5	Cervical Spine Extension	5/5
5/5	Thoracic/Lumbar Flexion	5/5

5/5	Thoracic/Lumbar Extension	5/5
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**Assessment:** John Smith is a 38 year old male with:

**Plan:** John Smith presents signs and symptoms consistent with: none

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

- Physical Therapy -
- NSAIDS
- MRI -

The patient will follow up in .

**Work Duty:**

Full duty

Ali, M.D.