

EHR Report

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Clinical Report: Assessment of Chronic Lower Back Pain

Patient Information:

Name: Michael Rodriguez
MRN: 00291837
DOB: 1975-04-22 (Age: 50 years)
Sex: Male

Encounter Details:

Date: 2025-05-01
Type: Outpatient
Clinician: Dr. Aisha Patel
Chief Complaint: Chronic lower back pain

Likely Diagnosis (Based on EHR-Documented Assessment):

The EHR explicitly documents the clinician's assessment as **"Chronic mechanical low back pain."**

Clinical Interpretation and Supporting Data:

This assessment is strongly supported by the objective data provided in the EHR:

- History of Present Illness:**
 - Chronicity:** Pain has been present for 3 months, aligning with the "chronic" designation.
 - Mechanical Pattern:** Pain is reported as worse when sitting, which is characteristic of mechanical causes that are aggravated by specific postures or activities.
 - Absence of Neuropathic Features:** The patient denies numbness or tingling, which decreases the likelihood of significant nerve root compression at this time.
 - Absence of "Red Flags":** The history does not report trauma, fever, unexplained weight loss, night pain, or bowel/bladder dysfunction, which would suggest more serious underlying conditions (e.g., fracture, infection, malignancy, cauda equina syndrome).
- Physical Examination:**
 - Localized Tenderness:** Tenderness noted over L4-L5 spinous processes, indicating a specific area of musculoskeletal involvement.
 - Limited Range of Motion:** Limited forward flexion of the lumbar spine further supports a mechanical restriction.
- Past Medical History & Vitals:**
 - Relevant Comorbidities:** Hypertension and Hyperlipidemia are noted but do not appear directly related to the etiology of the back pain.
 - Stable Vitals:** All vital signs (BP 132/84, HR 78, Temp 36.7C, SpO2 98%) are within normal limits, supporting the absence of acute inflammatory or systemic illness contributing to the pain.
- Treatment Plan:**
 - The planned interventions (Physiotherapy referral, core strengthening exercises, NSAIDs PRN, follow-up) are standard management strategies for chronic mechanical low back pain, further reinforcing the documented assessment.

Uncertainty/Missing Information:

- No specific pain intensity score (e.g., 0-10) is provided.
- Detailed neurological examination findings beyond the absence of numbness/tingling are not specified in the provided EHR data (e.g., motor strength, reflexes, sensation).
- No imaging results are available in the provided EHR. While not always necessary for mechanical back pain, imaging could provide further anatomical detail if indicated.