

EHR Report

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Clinical Report: Primary Clinical Impression

Patient: Michael Rodriguez (MRN: 00291837)

Encounter Date: 2025-05-01

Clinician: Dr. Aisha Patel

Primary Clinical Impression (from EHR Assessment):

* **Chronic mechanical low back pain**

Objective EHR Data Supporting Impression:

1. **Chief Complaint:** Chronic lower back pain.
2. **History of Present Illness:**
 - * Pain duration: 3 months, indicating chronicity.
 - * Aggravating factor: Worse when sitting.
 - * Absence of reported red flags: No trauma, no numbness/tingling, suggesting a non-neuropathic or non-radicular component.
3. **Physical Exam (Musculoskeletal):**
 - * Tenderness over L4-L5.
 - * Limited forward flexion.
4. **Assessment (as documented in EHR):** Chronic mechanical low back pain.

Clinical Interpretation:

The patient's presentation aligns with a diagnosis of chronic mechanical low back pain as documented by the assessing clinician. The 3-month duration classifies the pain as chronic. The characteristics of the pain (worse with sitting) and the physical exam findings (localized tenderness, limited flexion) are consistent with a musculoskeletal origin in the lumbar spine. The absence of reported trauma, numbness, or tingling reduces the immediate concern for acute injury, radiculopathy, or other specific neurological impingement based on the available data. This clinical picture is typical for non-specific low back pain, which is predominantly mechanical in nature.

Uncertainty/Missing Information:

- * Detailed neurological exam findings (e.g., motor strength, reflexes, sensory testing) are not explicitly provided, though the absence of numbness/tingling in HPI is noted.
- * Specific functional limitations beyond limited forward flexion are not detailed.
- * Imaging results (e.g., X-ray, MRI) are not available in the provided EHR data, which could further characterize the structural basis of mechanical pain if present.

Current Management Plan (from EHR):

- * Physiotherapy referral
- * Core strengthening exercises
- * NSAIDs PRN
- * Follow up in 4 weeks

This plan is consistent with evidence-based management for chronic mechanical low back pain, focusing on conservative measures, rehabilitation, and symptom management.