

PAIN RELIEF CENTERS
5129 Dixie Hwy, Suite 201
Louisville, KY 40216
PHONE: (502) 430-6223, FAX: 502-369-5229

FOLLOW-UP VISIT via

In-Office

PATIENT NAME: DANETTA VARNER
DATE OF BIRTH: 04/28/1973
DATE OF EVALUATION: 07/22/2025
DATE OF DICTATION: 07/22/2025
PHYSICIAN: Robert Klickovich, M.D

Provider: Lauren Ellis, APRN
Referring Physician: Kapp
Insurance: Aetna, Medicaid

Location: Louisville
CMA: Melanie
Room #: 2

CHIEF COMPLAINT: The patients worst pain complaint today is located in their bilateral feet in addition to their other low back, left knee pain complaints and presents today to the clinic today for a routine f/u of their usual pain complaints and/or medication refill; flare up of known pain complaints especially pain in the bilateral feet.

HISTORY OF PRESENT ILLNESS: Since their last visit, the:

Pain is: The same

Activity level/functioning is: The same

Social Relationships are: The same

Job Performance is (if working): The same

Sleep Patterns are: The same

CHARACTERISTICS OF PAIN INCLUDE:

Temporally it is: continuous baseline pain with frequent painful exacerbations.

Qualitatively it is: Burning, Stabbing, Numb, Aching, Throbbing, Sharp with movement, Crampy

Numeric Scale rating of (?/10): Average: 10/10. Best: 10/10. W/meds: 10/10. W/o meds: 10/10.

Social Hx significant for:

Working status of: Unemployed

REVIEW OF SYSTEMS:

ALLERGIC SYMPTOMS INCLUDE:

Allergies to new Meds/Foods: No.
treated.

Hives and Itchy skin: No.
treated.

Sneezing: No.
treated.

NEUROLOGICAL SYMPTOMS INCLUDE:

Worsening Weakness in limbs: Yes, The Problem is not being

Worsening Sensation in limbs: Yes, The Problem is not being

Numbness/tingling sensations: Yes, The Problem is not being

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Hay fever: No.

Red Itchy eyes: No.

Loss of Bowel or Bladder: No.

New convulsions or seizures: No.

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Patient Compliance with Treatment Plan

	Yes	No	N.A.	Comments
U-tox and/or Pill Count O.K.?	Yes			04/09/2021 positive THC negative meds collect
KASPER report O.K.?	Yes			06/20/2025 LFD
Participates in PT or home exercise prgm	Yes			HEP 5 months + . Number of sessions done: Ongoing
Ordered imaging studies completed			NA	
Participated in Weight Loss Prgm		No		Increased 6 lbs. BMI: 30.5. Weight: Gain
Participated with Counselor if recommended			NA	not required

HEP as tolerated

PHYSICAL EXAMINATION:

Vitals: BP: __. Ht: __ feet __ inches. Wt: __ lbs. BMI: __

General appearance is: Well groomed and content

Orientation to person, place, and time is: Correct

Mood and Affect are: Appropriate

Gait is: Within normal limits, and with No assistive device

Station (stance) is: within normal limits and steady

Cardiovascularly ankle swelling is: Not present

Lymphadenopathy in the cervical and or inguinal lymph node chain is? Not present

Coordination and Balance shows Romberg test is: Negative

Motor Function: No stated and observed change in motor and/or sensory function since last visit.

Date: 07/22/2025

Pre-existing

CC: Low back

Palpation revealed:

Positive muscle tenderness

Positive joint tenderness

R.O.M. revealed:

Positive decrease in gross movement

The following findings of ESTABLISHED complaints were positive:

Others: Bilateral feet – muscle tenderness and joint tenderness.

Lumbar spine tenderness of paraspinal and or quadratus muscles bilaterally.

Gluteal tenderness bilaterally.

Lumbar facet loading signs bilaterally at L2-L5.

Quadrant test bilaterally.

SIJ tenderness bilaterally.

Peri-Patella tenderness on left.

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Joint line tenderness on left.
McMurray test on left.

ASSESSMENT:

1. Facet Arthropathy, Lumbar – M46.96
2. Facet Spondylosis – M47.816
3. Lumbago NOS/Low Back Pain – M54.50
4. Foot Pain-Right – M79.671
5. Foot Pain-Left – M79.672
6. Arthritis, Osteo – M15.9
7. Chronic Pain – G89.29
8. Myalgia (Myofascial) Pain – M79.18
9. Neuropathy, Peripheral – G60.9

Follow-Up Plan:

F/u severity of non-compliance per history is: None

F/u Review completed for: U-Tox/ORT, KASPER Report, Medication list, Nursing/chart notes, Treatment goals, plan and U-Tox log.

As discussed during the initial consultation with the patient and as monitored during subsequent clinic visits, the patient will:

1. Engage physical therapy with an initial evaluation and then learn their recommended treatment exercises. The learned exercises will continue at the patient home as part of a home based exercise program. Additionally, if spinal column problems exist then learning and implementing the McKenzie stabilization exercises is consistently recommended.
2. Participate in a weight loss program if their BMI=30. This includes learning the Myfitnesspal.com free application for which user instructions were given to the patient during the initial visit. A consultation with a dietician was also recommended initially if they are diabetic.
3. Participate in a behavioral health program if diagnosed with either depression, bipolar, or other mental disorders with an emphasis on learning coping skill. Specifically, mastery of the techniques employing distraction and guided-imagery is encouraged.
4. Unless noted elsewhere, all other problems (diagnosis) have been stable/addressed and current treatment is to continue (eg O.A., D.M., BMI, Neuropathy)

If the patient received 50% pain relief from their last procedure, then this intervention will be continued. Otherwise, the current treatment plan and procedures will be changed as appropriate

F/u Orders:

Will order a Urine Drug Test (UDT) Using an Instrumented Chemistry Analyzer to screen for drug classes of prescribed medications and drug classes for commonly abused substances used locally in the KY/Louisville area

1.If UDT ordered, will review screen results and confirm all prescribed meds (e.g. confirm a positive screen UDT and/or confirm an unexpected negative screen UDT).

2.If UDT ordered, Confirm all non-prescribed drugs that were positive on the screen UDT and will always test for: Fentanyl, Methamphetamine and Cocaine.

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Justification for UDT: It is medically necessary to monitor adherence to the Prescription Medication Agreement and to identify possible misuse, diversion and/or abuse of both prescribed and unprescribed medications. Compliance tools used to monitor patients' include: UDT, The Prescription Drug Monitoring Program database (e.g. KASPER), Risk Stratification Tools (e.g. ORT), and current High-Risk substances in the KY/Louisville area (see below). Based on these compliance tools, especially current High-Risk substance abuse community trend locally. UDT will usually be ordered quarterly (or more frequently as applicable) for patients on opioids.

1. Kentucky Chamber Workforce Ctr, 2019, "Opioid in Kentucky Abuse", Kentucky Chamber of Commerce, June 2019, pp. 2-18.

2. Substance Abuse and Mental Health Services Administration, 2020, "Behavioral Health Barometer: Kentucky, Volume 6: Indicators as measured through the 2019 National Survey on Drug Use and Health and the National Survey of Substance Abuse Treatment Services", HHS Publication No. SMA-20-Baro-19-KY, pp. 21-26:

MEDICATION MANAGEMENT:

1. Due to acceptable ADL, efficacy tolerance the C.S. dosing was unchanged (or no additional C.S.).
2. Continue Norco 5 mg, q.i.d, p.r.n. #120 (40% pain relief obtained)
3. Continue Lyrica 150 mg, t.i.d. #90 (40% pain relief obtained)
4. Continue cymbalta 30 mg, q.d. #30 (40% pain relief obtained)

INJECTIONS:

1. Later schedule trigger point injection at p.r.n

For the planned procedure(s), if any, considerable time was spent explaining the risks, benefits and alternatives. All questions were answered including common complications to planned procedure along with remedies for the potential complications. Handouts were also given to the patient as appropriate including procedure and educational videos at www.tinyurl.com/PROCEDURE-Oct2022. if applicable, the patient was told to stop taking all anti coagulant medications for 3-5 days. The specific cessation interval depends on both the anti coagulants they are on and the type of procedure scheduled.

Once the patient has fully engaged and completed the initial treatment plan as documented over the course of multiple clinic visits, then Maximum Medical Improvement (MMI) will be achieved. Additionally, if the patient is taking narcotics, then this will be tapered down over a 3-6 month period as tolerated by patient.

Follow-up Appointment in: Four weeks

Lauren Ellis, APRN personally performed today's follow-up evaluation and treatment plan of the patient, while Dr. Robert Klickovich (or different Physician noted/documented above) provided direct supervision of the APRN and was immediately available to assist if needed during today's follow-up patient encounter. A clinic physician had previously performed the initial service evaluation of the patient while Dr. Robert Klickovich currently remains actively involved in

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the patient's progress and treatment plan including approving changes in medication type, strength, or dosing interval or any other aspect of their care plan.

This document(s) was dictated, transcribed, but not read and is subject to review and confirmation. Please contact the author if you have any concerns/clarifications.

Robert Klickovich, MD

RK/

07/23/2025