**FOLLOW-UP VISIT via In-Office**

**PATIENT NAME**: CATINA HINKLE

**DATE OF BIRTH**: 06/09/1973

**DATE OF EVALUATION**: 07/22/2025

**DATE OF DICTATION**: 07/22/2025

**PHYSICIAN**: Robert Klickovich, M.D

**Provider**: Taja Elder, APRN

**Referring Physician**: Norton

**Insurance**: PP, Medicaid

**Location**: Louisville

**CMA**: Tammy

**Room #**: 2

**CHIEF COMPLAINT**: The patients worst pain complaint today is located in their bilateral hip in addition to their other low back, bilateral shoulder, bilateral knee, neck 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 hip.

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

**Pain** is: Less tolerable

**Activity** level/functioning is: Worse

**Social** Relationships are: The same

**Job** Performance is (if working): The same

**Sleep** Patterns are: Worse

**CHARACTERISTICS OF PAIN INCLUDE:**

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

**Qualitatively** it is: Burning, Stabbing, Numb, Tingling, Dull, Aching, Throbbing, Deep, Crampy

**Numeric** Scale rating of (?/10): Average: 10/10. Best: 7/10. W/meds: 7/10. W/o meds: 10/10.

**Social Hx** significant for:

**Working status of**:

**REVIEW OF SYSTEMS**:

**ALLERGIC SYMPTOMS INCLUDE: NEUROLOGICAL SYMPTOMS INCLUDE**:

Allergies to new Meds/Foods: No. Worsening Weakness in limbs: No.

Hives and Itchy skin: No. Worsening Sensation in limbs: No.

Sneezing: No. Numbness/tingling sensations: No.

Hay fever: No. Loss of Bowel or Bladder: No.

Red Itchy eyes: No. New convulsions or seizures: No.

**Patient Compliance with Treatment Plan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Yes** | **No** | **N.A.** | **Comments** |
| U-tox and/or Pill Count O.K.? |  | No |  | 06/24/2025 positive oxycodone |
| KASPER report O.K.? | Yes |  |  | 06/25/2025 |
| Participates in PT or home exercise prgm | Yes |  |  | HEP . Number of sessions done: 8 months Ongoing |
| Ordered imaging studies completed |  |  | NA |  |
| Participated in Weight Loss Prgm |  | No |  | Decreased 2 lbs. BMI: 39.9. Weight: Loss |
| Participated with Counselor if recommended |  |  | NA | not required |

**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: 06/24/2025  
Pre-existing  
CC: Neck  
  
Palpation revealed:  
Positive muscle tenderness  
Positive joint tenderness  
  
R.O.M. revealed:  
Positive decrease in gross movement  
  
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:**

Cervical spine tenderness of paraspinal muscles bilaterally.  
Traps/levator scapula tenderness bilaterally.  
Cervical facet loading signs bilaterally at C5-T1.  
Pain (worst) with extension.  
  
Lumbar spine tenderness of paraspinal and/or quadratus muscles bilaterally.  
Gluteal tenderness on left.  
Lumbar facet loading signs bilaterally at L2-L5.  
Quadrant test bilaterally.  
Slump/SLR bilaterally.  
Patrick bilaterally.  
  
Apley Scratch bilaterally.  
Crossover test on left.  
ROM is grossly decreased on left.  
Subacromial tenderness on left.  
Neer impingement on left.  
Empty Can Test on left.  
  
(hip) Squat Test.  
Trochanteric bursa tenderness on left.  
ROM is grossly decreased on left.  
Patrick on left.  
FADIR (flexion, adduction, and medial hip rotation) on left.  
  
Peri-patella tenderness bilaterally.  
Joint line tenderness bilaterally.  
ROM is grossly decreased bilaterally.  
McMurray Test bilaterally.  
  
ASSESSMENT:  
1. Facet Arthropathy – M46.92  
2. Facet Spondylosis – Cervical – M47.812  
3. Cervicalgia – M54.2  
4. Shoulder – Left – DJD – M19.012  
5. Shoulder – Left Bursitis – M75.52  
6. Facet Arthropathy – Lumbar – M46.96  
7. Facet Spondylosis – M47.816  
8. Lumbago NOS/Low Back Pain – M54.50  
9. Hip – Trochanteric Bursitis - Right – M70.61  
10. Hip – Trochanteric Bursitis - Left – M70.62  
11. Hip –Left DJD – M16.12  
12. Hip –Right DJD – M16.11  
13. Knee Pain – Left – M25.562  
14. Knee Pain – Right – M25.561  
15. Knee DJD – Right – M17.11  
16. Knee DJD – Left – M17.12  
17. Anxiety – F41.9  
18. Chest Pain – Musculoskeletal– R07.1  
19. Chronic Pain – G89.29  
20. Coccydynia – M53.3  
21. Myalgia (Myofascial) Pain – M79.18  
22. Obesity – E66.9  
23. Phantom Limb with Pain – G54.6

**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 not order a Urine Drug Test (UDT)

MEDICATION MANAGEMENT:  
1. Due to acceptable ADL, efficacy tolerance the C.S. dosing was unchanged (or no additional C.S.).  
2. Continue Norco 10 mg, t.i.d, p.r.n. #90 (70% pain relief obtained)  
3. Continue Lidoderm Patch 5%, 12 hours on/off. #30 (30% pain relief obtained)  
  
INJECTIONS:  
 1. Later schedule trigger point injection at p.r.n  
  
Other Plans:  
 1. U-tox positive oxy, patient was hospital for a DVT, new left breast mass found. patient to follow up with plastics and general surgery in the next few weeks.

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

Taja Elder, APRN personally performed todays 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 todays 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 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

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RK/

07/23/2025