

MEDICAL RECORDS

CENTRAL VALLEY MEDICAL GROUP

Dr. Michael Jones, MD

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Springfield, CA 90210

Phone: (555) 123-4567

PATIENT: John Smith

DOB: June 15, 1985

CASE #: 2024-PI-001

DATE RANGE: March 16, 2024 - June 10, 2024

INITIAL EXAMINATION - March 16, 2024

Chief Complaint: Patient presents with severe lower back pain, neck stiffness, and right shoulder pain following motor vehicle accident on March 15, 2024.

History of Present Illness: Mr. Smith was the driver of a vehicle that was rear-ended at approximately 3:30 PM while stopped at a traffic light on Main Street. Patient reports immediate onset of pain in lower lumbar region (8/10 severity), cervical spine stiffness, and sharp pain in right shoulder. No loss of consciousness reported. Patient was transported to Emergency Department by ambulance.

Physical Examination:

- Vital Signs:** BP 140/85, HR 88, Temp 98.6°F
- Neurological:** Alert and oriented x3, no focal deficits
- Musculoskeletal:**
 - Lumbar spine: Tenderness L3-L5, limited range of motion
 - Cervical spine: Muscle spasm, restricted rotation
 - Right shoulder: Pain with abduction, tenderness over AC joint

Assessment:

- Lumbar strain/sprain secondary to MVA
- Cervical whiplash injury
- Right shoulder contusion

Plan:

- MRI lumbar spine to rule out disc injury
- Physical therapy referral
- Muscle relaxants: Flexeril 10mg TID
- Anti-inflammatory: Ibuprofen 600mg BID
- Work restrictions: No lifting > 10 lbs, limited sitting
- Follow-up in 2 weeks

Work Status: Unable to return to work as construction supervisor. Estimated duration: 6-8 weeks minimum.

FOLLOW-UP VISIT - March 30, 2024

Subjective: Patient reports persistent lower back pain (7/10), improved neck stiffness, ongoing right shoulder discomfort. Sleep disruption due to pain. Unable to perform normal work duties.

Objective:

- Lumbar spine: Still tender L4-L5, some improvement in ROM
- Cervical spine: Reduced muscle spasm
- Right shoulder: Persistent tenderness, limited overhead motion

MRI Results (March 25, 2024): Lumbar spine shows mild disc bulge L4-L5 with no nerve root compression. Consistent with traumatic injury.

Assessment: Improving but persistent post-traumatic musculoskeletal injuries

Plan:

- Continue physical therapy 3x/week
- Add Gabapentin 300mg for nerve-related pain
- Extend work restrictions another 4 weeks
- Consider epidural steroid injection if no improvement

Total Medical Expenses to Date: \$3,250

- Initial ER visit: \$1,200
- MRI lumbar spine: \$1,400
- Office visits (2): \$450
- Medications: \$200

FOLLOW-UP VISIT - April 20, 2024

Subjective: Patient shows gradual improvement. Back pain reduced to 5/10, minimal neck symptoms, right shoulder still problematic with overhead activities. Completing physical therapy exercises daily.

Objective:

- Lumbar spine: Improved ROM, minimal tenderness
- Cervical spine: Full range of motion restored
- Right shoulder: 80% normal function, residual stiffness

Assessment: Good recovery progression from MVA injuries

Plan:

- Reduce physical therapy to 2x/week
- Begin gradual return to light duty work
- Continue medications as needed
- Follow-up in 3 weeks

Additional Expenses: \$1,800

- Physical therapy (12 sessions): \$1,440
- Medications: \$180
- Office visit: \$180

FINAL EVALUATION - June 10, 2024

Subjective: Patient reports significant improvement. Back pain occasional (2-3/10), no neck symptoms, mild right shoulder stiffness with weather changes. Has returned to modified work duties.

Objective:

- Lumbar spine: Full ROM, no tenderness
- Cervical spine: Normal examination
- Right shoulder: 90% normal function

Assessment:

- Resolved cervical whiplash injury

- Significantly improved lumbar strain
- Mild residual right shoulder dysfunction

Final Prognosis: Patient has reached maximum medical improvement. May experience occasional flare-ups with heavy activity or weather changes. Permanent partial impairment estimated at 5% whole person.

Work Status: Cleared for return to full duty with restrictions: No lifting >50 lbs (previous capacity 100+ lbs), frequent breaks for back stretching.

Future Medical Needs:

- Possible future flare-ups requiring occasional treatment
 - Estimated future medical costs: \$500-1,000 annually
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TOTAL MEDICAL EXPENSES SUMMARY

Paid to Date: \$8,950

- Emergency Department: \$1,200
- MRI Studies: \$1,400
- Office visits (5 total): \$900
- Physical therapy (24 sessions): \$2,880
- Medications: \$570
- Specialist consultations: \$2,000

Future Medical Expenses (estimated): \$2,000-4,000 over next 5 years

Lost Wages Impact: Patient unable to work full capacity for 12 weeks, with ongoing lifting restrictions affecting earning potential in construction industry.

Physician: Dr. Michael Jones, MD

License #: CA-MD-987654

Date of Report: June 15, 2024

This medical record was prepared for legal proceedings related to motor vehicle accident of March 15, 2024. All expenses and treatment directly related to injuries sustained in the accident.