

# AFTER VISIT SUMMARY



Theodore J. Angel DoB: 9/15/1975

3/2/2023 9:20 AM St. Anthony North Family Medicine 84th 303-430-5560

Instructions from Sheila Rose Ortega, DO Resident



## Read the attached information

1. Back Stretches on Floor (English)
2. Back Stretches Standing or Seated (English)

## What's Next

You currently have no upcoming appointments scheduled.

### Your input is important.

If it matters to you, it matters to us.

At Centura Health, we believe in providing compassionate care and excellent service through all aspects of your experience. If you receive a patient experience survey, please take a moment to share your feedback.

We value your comments.  
We want to exceed your expectations.

## Today's Visit

You saw Sheila Rose Ortega, DO Resident on Thursday March 2, 2023 for: Back Pain.



Blood Pressure  
120/74



BMI  
41.37



Weight  
256 lb  
2.8 oz



Height  
5' 5.98"



Temperature (Temporal)  
97.3 °F



Pulse  
89



Respiration  
16



Oxygen Saturation  
92%

**Suicide hot line 1-800-273-TALK (8255) Or 1-800-SUICIDE (784-2433)**

## Medication Disclaimer

These are the medicines you have reported you are currently taking and any additional medicines prescribed or changes made during this visit. Please review it as soon as possible with your primary care provider and/or any other physicians you see for your outpatient care to be sure that is correct. Discard any old medicine lists.

When taking narcotics or muscle relaxants, do NOT drink alcohol, drive a car, or do anything that could hurt you. You may become very drowsy. Wait at least 8 hours after the last dose before doing these activities.

Always take antibiotics until all pills are gone.

## Medication Disclaimer (continued)

If you are taking any medicines and develop a rash or hives or trouble breathing or swallowing, stop the medicine and see your doctor or go to the emergency room immediately.

---

### MyCenturaHealth Signup

Our records indicate that you have an active MyCenturaHealth account.

You can view your After Visit Summary by going to <http://www.MyCenturaHealth.org> and logging in with your MyCenturaHealth username and password. If you don't have a MyCenturaHealth username and password but a parent or guardian has access to your record, the parent or guardian should login with their own MyCenturaHealth username and password and access your record to view the After Visit Summary.

If you have questions, you can e-mail [MyCenturaHealth@Centura.org](mailto:MyCenturaHealth@Centura.org) or call 866-414-1562 to talk to our MyCenturaHealth staff. Remember, MyCenturaHealth is NOT to be used for urgent needs. For medical emergencies, dial **911**.

---

### Changes to Your Medication List as of March 2, 2023 9:48 AM

You have not been prescribed any medications.

# Medication Plan

as of March 2, 2023 9:48 AM

You have not been prescribed any medications.

## Back Stretches on Floor

### About this topic

Keeping your back muscles flexible is important. Stretching exercises can help to lessen pain and stiffness, increase flexibility, and make your daily activities easier.

### General

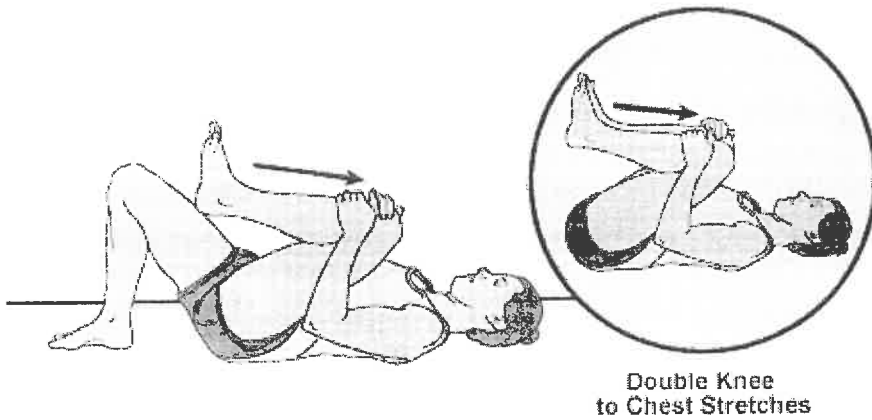
Before starting with a program, ask your doctor if you are healthy enough to do these exercises. Your doctor may have you work with a trainer, chiropractor or physical therapist to make a safe exercise program to meet your needs.

### Stretching Exercises

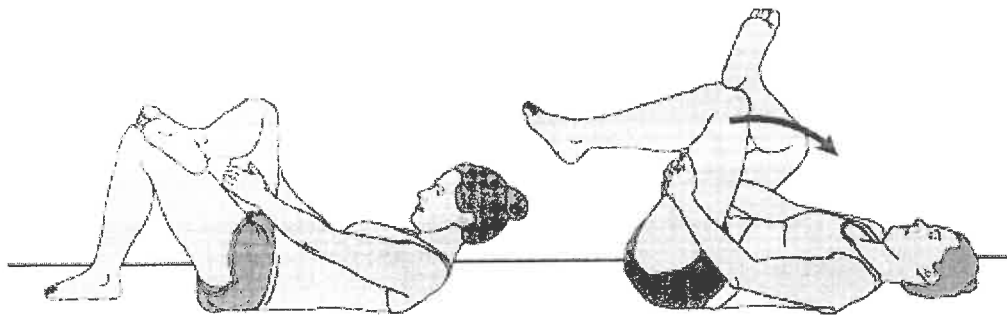
Stretching exercises keep your muscles flexible. They also stop them from getting tight. Start by doing each of these stretches 2 to 3 times. In order for your body to make changes, you will need to hold these stretches for 20 to 30 seconds. Try to do the stretches 2 to 3 times each day. Do all exercises slowly.

- Single knee to chest stretches – Lie on your back. Pull one knee towards your chest until you feel a stretch in your lower back and buttock area. Repeat with the other knee. If you have knee problems, pull your knee up by grabbing the back of your thigh instead of the front of your knee. You can also do this exercise by grabbing both knees at the same time.
- Deep hip stretches lying down – Lie on your back and bend one knee, keeping that foot flat on the floor. Cross the other leg over your knee. Slowly, pull the bottom leg towards your chest until you feel a stretch in the other buttock. Repeat using the opposite leg as the bottom leg.
- Elbow props on stomach – Lie on your stomach, resting on your lower arms. Rise up on your elbows as high as you are able. Keep your hips on the floor. Then, lower your back and shoulders down.
- Rounded back stretches – Start in the all fours position. Tuck your chin and tighten your stomach muscles to round your back.
- Back rotations:
  - Stretch 1 – Lie on your back. Bend your knees so your feet are flat on the bed. Gently, drop your knees to one side until you feel a stretch in your lower back. Be sure to keep both of your shoulders touching the bed until you feel a stretch in the muscles at the side of the back. Repeat on the other side.
  - Stretch 2 – Lie on your back. Keep your shoulders flat and put one thigh up and across your body to the opposite side. Use your hand to help and give extra pressure for the stretch. Repeat on the other side.
- Midback rotations – Start on all fours. Walk your hands to one side until you feel a good stretch on the opposite side. Then, walk your hands to the other side and hold. Now, start by sitting back on your heels. Walk your hands to one side until you feel a good stretch on the opposite side. Then, walk your hands to the other side and hold. You should feel this stretch in a slightly different area than when on all fours.

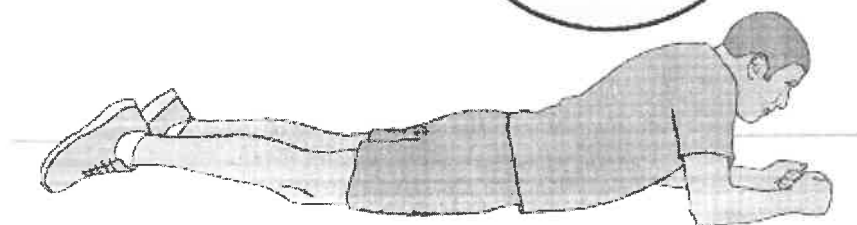
## Single Knee to Chest Stretches



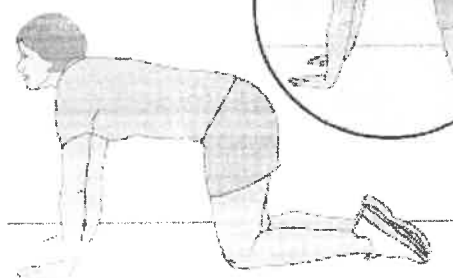
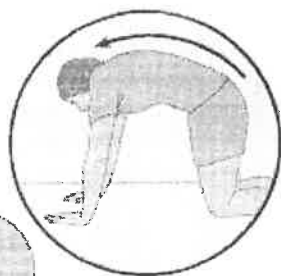
## Deep Hip Stretches Lying Down



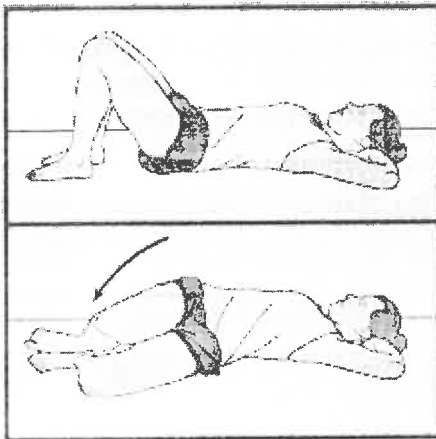
## Elbow Props on Stomach



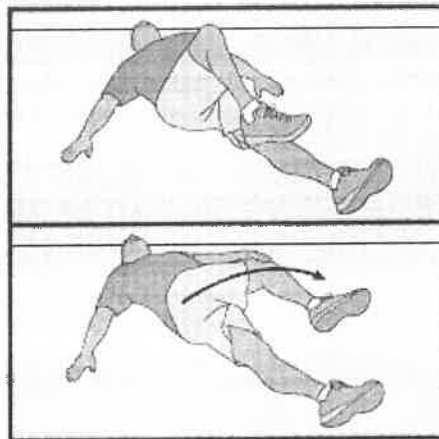
## Rounded Back Stretches



## Back Rotations

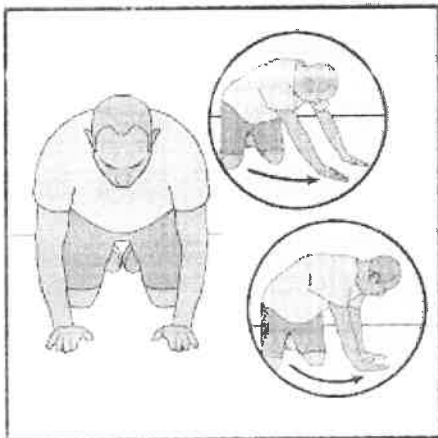


Lower Trunk Rotations 1

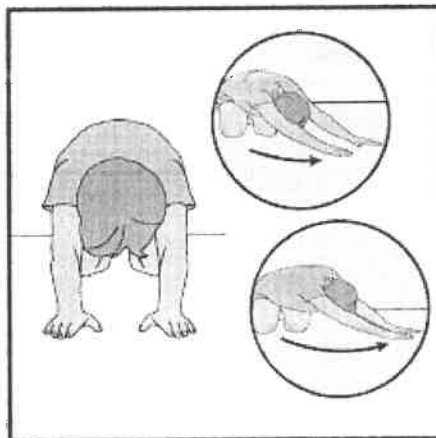


Lower Trunk Rotations 2

## Midback Rotations



Midback Rotations on All Fours



Midback Rotations on Heels

### What will the results be?

- Better flexibility and range of motion
- Less back pain
- Less muscle tightness
- Less back spasms
- Lessen leg numbness and tingling
- Easier to walk and do other activities

- Improved posture
- Improved sports performance

## Helpful tips

- Stay active and work out to keep your muscles strong and flexible.
- Keep a healthy weight to avoid putting too much stress on your spine. Eat a healthy diet to keep your muscles healthy.
- Be sure you do not hold your breath when exercising. This can raise your blood pressure. If you tend to hold your breath, try counting out loud when exercising. If any exercise bothers you, stop right away.
- Always warm up before stretching. Heated muscles stretch much easier than cool muscles. Stretching cool muscles can lead to injury.
- Try walking or cycling at an easy pace for a few minutes to warm up your muscles. Do this again after exercising.
- Never bounce when doing stretches.
- Doing exercises before a meal may be a good way to get into a routine.
- Exercise may be slightly uncomfortable, but you should not have sharp pains. If you do get sharp pains, stop what you are doing. If the sharp pains continue, call your doctor.

## Where can I learn more?

American Academy of Orthopaedic Surgeons

<http://orthoinfo.aaos.org/topic.cfm?topic=A00666>

## Last Reviewed Date

2021-03-18

## Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at <https://www.wolterskluwer.com/en/solutions/lexicomp/about/eula>

## Copyright

Copyright © 2021 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.



## Back Stretches Standing or Seated

### About this topic

Keeping your back muscles flexible is important. Stretching exercises can help to lessen pain and stiffness, increase flexibility, and make your daily activities easier.

### General

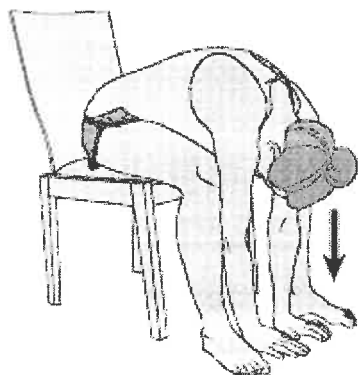
Before starting with a program, ask your doctor if you are healthy enough to do these exercises. Your doctor may have you work with a trainer, chiropractor or physical therapist to make a safe exercise program to meet your needs.

### Stretching Exercises

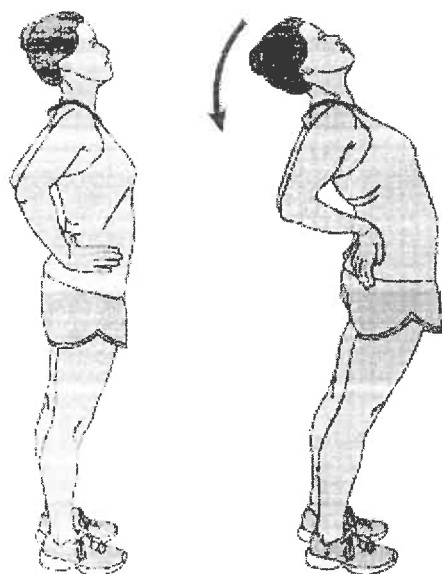
Stretching exercises keep your muscles flexible. They also stop them from getting tight. Start by doing each of these stretches 2 to 3 times. In order for your body to make changes, you will need to hold these stretches for 20 to 30 seconds. Try to do the stretches 2 to 3 times each day. Do all exercises slowly.

- Lower back stretches seated – Sit in a chair with your feet spread about shoulder width apart. Then, lean forward until you feel a stretch in your lower back.
- Back bends standing – Stand with feet slightly apart. Put your hands on your hips. Lean back and look towards the ceiling until you feel a stretch. For a disc problem, you can do this exercise without holding it for 10 times in a row.
- Side bends – Stand with your hands on your hips, feet shoulder width apart. Keep your left hand on your hip and lean to the right, sliding your right hand down the outside of your right leg. Stand up straight. Keep your right hand on your hip and lean to the left, sliding your left hand down your left leg.
- Opposite foot touches standing – Stand with your feet a little more than shoulder width apart. Reach your arms straight out from your sides. Bend forward at the waist and reach your right hand towards your left foot. Your other arm will reach behind you upwards towards the sky. Keep your arms and legs straight. Now, stand back up and repeat with the left hand reaching towards the right foot.
- Upper body twists – Put your hands on your hips and twist your upper body to the left. Now, twist to the right.

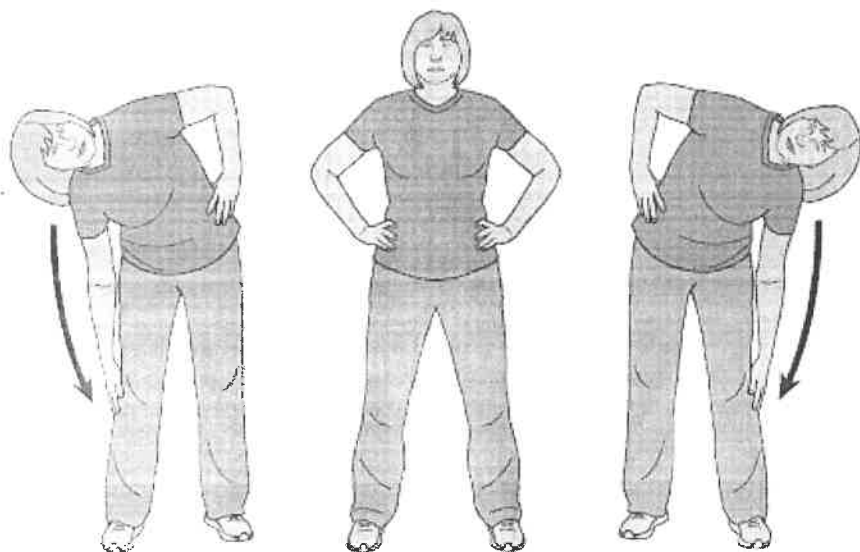
## Lower Back Stretches Seated



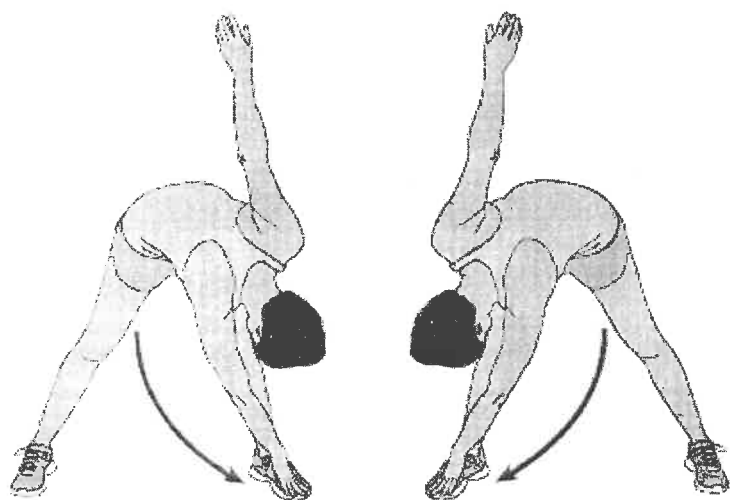
## Back Bends Standing



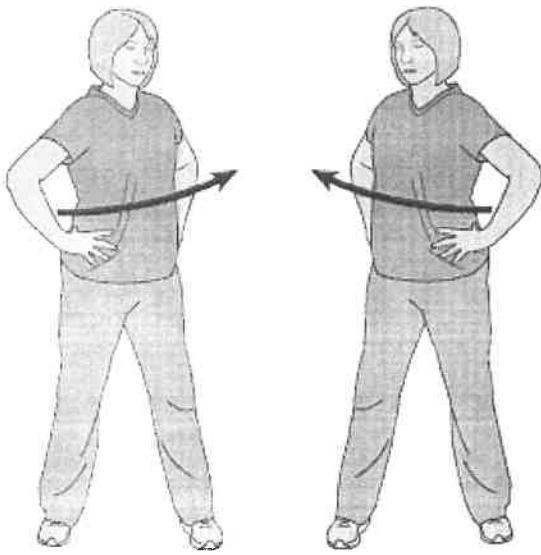
## Side Bends



## Opposite Foot Touches Standing



## Upper Body Twists



### What will the results be?

- Better flexibility and range of motion
- Less back pain
- Less muscle tightness
- Less back spasms
- Less leg numbness and tingling
- Easier to walk and do other activities
- Improved posture
- Improved sports performance

### Helpful tips

- Stay active and work out to keep your muscles strong and flexible.
- Keep a healthy weight to avoid putting too much stress on your spine. Eat a healthy diet to keep your muscles healthy.
- Be sure you do not hold your breath when exercising. This can raise your blood pressure. If you tend to hold your breath, try counting out loud when exercising. If any exercise bothers you, stop right away.
- Always warm up before stretching. Heated muscles stretch much easier than cool muscles. Stretching cool muscles can lead to injury.
- Try walking or cycling at an easy pace for a few minutes to warm up your muscles. Do this again after exercising.

- Never bounce when doing stretches.
- Doing exercises before a meal may be a good way to get into a routine.
- Exercise may be slightly uncomfortable, but you should not have sharp pains. If you do get sharp pains, stop what you are doing. If the sharp pains continue, call your doctor.

## Where can I learn more?

American Academy of Orthopaedic Surgeons

<http://orthoinfo.aaos.org/topic.cfm?topic=A00666>

## Last Reviewed Date

2021-03-18

## Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at <https://www.wolterskluwer.com/en/solutions/lexicomp/about/eula>

## Copyright

Copyright © 2021 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.