



15401 S Main St.  
Gardena, CA 90248 - 2214  
PH: 424 292-3260  
FAX: 424 292-3266

**PROGRESS NOTE**

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Tracy	Weatherspoon	10-25-1974	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Minh Nguyen, DO, MPH, FACOEM		09-19-2023	SCL44488
Insurance:	Employer:	Claim Number:	Date of Injury:
Sedgwick	THE CHILDREN COLLECTIVE INC	4A2307FWJ3B-0001	06-29-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Gardena		15401 S Main St., Gardena CA 90248 - 2214	

**History of Present Illness**

Patient is a 48 year old female.

Patient is following up on low back pain and doing better. Patient is doing regular work. No new symptoms.

Denies tingling, numbness or weakness.

**Past Medical History**

No Known Past Medical History

**Surgical History**

No Known Surgical History

**Allergy**

No Known Drug Allergies.

**Current Medication**

Birth Control

C-section

**Social History**

**Work History:** She is employed - full time. Teacher . She has been in the current profession for 21 years - Children's Collective as Teacher Assistance.

Patient is a teacher. Physical demands include prolonged standing, walking, bending. She has been working full duty since the injury.

**Vitals**

Pain scale was 2 out of 10.

**Pulse:** 90 per min.

Pulse rhythm regular: Yes

**BP Systolic:** 127 mm Hg.

**BP Diastolic:** 81 mmHg.

## Physical Examination

### LUMBAR EXAM

A. VISUAL INSPECTION: Normal gait and posture. No gross deformity. No swelling. No ecchymosis, no open wounds or skin lesions.

B. PALPATION: No tenderness to palpation.

C. ACTIVE RANGE OF MOTION:

FLEXION 0 to 60 degrees

EXTENSION 0 to 25 degrees

RIGHT ROTATION 0 to 18 degrees

LEFT ROTATION 0 to 18 degrees

RIGHT FLEXION 0 to 25 degrees

LEFT FLEXION 0 to 25 degrees

D. NEUROVASCULAR: Normal 2/4 reflexes at the Patella and Achilles tendons bilaterally. 5/5 motor strength in the back and lower extremities. No sensory deficit to light touch. Capillary refill less than 2 seconds.

E. SPECIALTY TESTS: Straight leg testing is negative bilaterally. Reproducible pain with right leg extension.

## Orders:

## Assessment and Plan

**ICD: Lumbar sprain, subsequent encounter (S33.5XXD)**

**Assessment:** Patient with mechanical low back pain and exam unremarkable but mostly improved. Still mild intermittent symptoms but no functional debilitations.

**Plan:** Continue full duty and finish PT as schedule and then expect discharge.

## CPT Codes:

Office O/p Est Low 20-29 Min (99213)

**Follow up:** -



Weatherspoon, Tracy DOB:10-25-1974

Minh Nguyen DO, MPH, FACOEM

*This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.*  
Clinic Address: 15401 S Main St., Gardena CA 90248 - 2214

A handwritten signature in black ink, appearing to read 'Minh Nguyen', is positioned above the provider's name.

Minh Nguyen DO, MPH, FACOEM  
Rendering Provider

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.