



4343 E 31st Place
Yuma, AZ 85365 - 6553
PH: 928-341-4544
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PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Reynado	Herrera	10-06-1972	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Leeann Cuevas, FNP-C		09-18-2023	SCL58742
Insurance:	Employer:	Claim Number:	Date of Injury:
Corvel	Y-Az Dept Of Corrections	W202330027288	09-07-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Yuma		4343 E 31st Place, Yuma AZ 85365 - 6553	

History of Present Illness

Patient is a 50 year old male.

50 yr old male presents before scheduled appointment due to increased pain. He reports returning to work yesterday and worked from 0615-0740. He reports doing desk work only and experienced increased neck pain and stiffness, return of headache, blurry vision, and numbness and tingling to the right arm. Symptoms have decreased since being able to go home and rest. He does not wish to take prescribed medications for pain or muscle relaxing. He reports resting helps the pain and does not want to rely on medications. MRI and Ortho/Spine referral pending approval.

Past Medical History

CANCER .

Surgical History

LASIK . HERNIA.

Allergy

No Known Drug Allergies.

Current Medication

No Known Current Medication

Social History

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. Smoking Status (MU) never smoker.

Vitals

Pain scale was 5 out of 10.

Weight: 185.00 lbs.

Pulse: 85 per min.

Pulse rhythm regular: Yes

Respiration: 20 breaths per min.

BP Systolic: 124 mm Hg.

BP Diastolic: 87 mmHg.

Physical Examination

Constitutional: Well developed, well nourished, and well kempt. In no apparent distress.

Head: Normocephalic and atraumatic

Eyes: Sclera is clear. Extraocular eye movement is grossly intact.

Ears: Ears are symmetrical. No redness or swelling of external ears is appreciated.

Nose: No excessive nasal discharge is appreciated.

Neck: Supple with full ROM.

Resp: Breathing is non-labored.

Cardio: Warm and well perfused.

Abdomen: Non-distended.

Neurological: Alert and oriented. CN II-XII grossly intact. Motor and sensation grossly normal and non-focal.

Musculoskeletal: Mobility is age appropriate.

Skin: Appropriate color for ethnicity. Warm and dry.

Psych: Calm, cooperative, answering questions appropriately, and pleasant.

HEAD/NEURO EXAM:

A. VISUALIZATION: Exam of the head and neurologic system: Normal gait. No gross deformity. No swelling, ecchymosis, open wounds, scars, or skin lesions PERRLA. EOMI. Funduscopic exam normal. Otoscopic exam of the ears and of the nose and nasal turbinates are normal without drainage. Oropharynx is clear without obvious trauma to teeth. Cranial nerves 2-12 intact.

B. PALPATION There is no tenderness to palpation including the frontal and maxillary sinuses.

C. NEUROVASCULAR: No sensory deficit to light touch over the face, torso, or extremities. Brisk capillary refill less than 2 seconds in the fingers and toes. Normal finger to nose and heel-shin testing. Negative Romberg.

CERVICAL EXAM

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

B. PALPATION: No tenderness to palpation.

C. ACTIVE RANGE OF MOTION:

FLEXION 0 to 30/50 degrees

EXTENSION 0 to 60 degrees

LATERAL ROTATION RIGHT/LEFT 0 to 80 degrees

LATERAL FLEXION RIGHT/LEFT 0 to 40/45 degrees

D. NEUROVASCULAR: Normal sensation to light touch throughout the neck, upper torso, and bilateral upper extremities.

E. SPECIALTY TESTS: Negative Spurling's test for spinal nerve root.

SHOULDER EXAM

A. LATERALITY: Right

B. VISUAL INSPECTION: No gross deformity. No swelling, no ecchymosis, or open wounds noted.

C. PALPATION: No tenderness to palpation.

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 90/180 degrees

EXTENSION 0 to 30 degrees

ABDUCTION 0 to 90/180 degrees

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ADDUCTION 0 to 50 degrees

INTERNAL ROTATION 0 to 90 degrees

EXTERNAL ROTATION 0 to 90 degrees

E. NEUROVASCULAR: Brisk capillary refill less than 2 seconds. 4/5 motor strength and light touch sensation intact throughout.

Orders: Injection:Ketorolac 60mg IM

Injection

Injections: Toradol (Ketorolac) was administered, The area was prepped with alcohol. 60 mg IM at 11:45.

Injection was administered on the right buttock. Lot no: 202210. Manufacturer: Almaject. Expiration Date: 06-30-2024. Administered by: Tflores

Risks and benefits and alternative options were explained to the patient.

Assessment and Plan

ICD: Neck pain (M54.2)

Assessment: 50 yr old male evaluated with increased pain. Due to not being able to tolerate light duty, desk work, will place off work until re-evaluated. He was offered an injection in the clinic for pain, which he did accept. Will continue to check status on MRI and specialist referral.

Plan: Off work until re-evaluation

Continue Tylenol 1000mg PO Q6hrs PRN-max dose of 4000mg in 24 hrs

Continue cyclobenzaprine as prescribed as needed

Apply ice, alternate with heat to painful areas

MRI cervical spine ordered-pending approval

Spine specialist referral-pending approval

Follow up in 3 days for re-evaluation

ICD: Bulging of cervical intervertebral disc (M50.30)

ICD: Right shoulder pain (M25.511)

ICD: Work related injury (Y99.0)

ICD: Fall (W19.XXXA)

CPT Codes:

Office O/p Est Mod 30-39 Min (99214)

Ther/proph/diag Inj Sc/im (96372)

HCPC Codes:

Injection Ketorolac Tromethamine Per 15 Mg (J1885)

Follow up: -



Leeann Cuevas FNP-C

Herrera, Reynado DOB:10-06-1972

This has been electronically signed by Leeann Cuevas FNP-C for visit dated 09-18-2023.

Clinic Address: 4343 E 31st Place, Yuma AZ 85365 - 6553

A handwritten signature in black ink, appearing to read 'L. Cuevas FNP-C', is displayed on a light gray rectangular background.

Leeann Cuevas FNP-C
Rendering Provider

This has been electronically signed by Leeann Cuevas FNP-C for visit dated 09-18-2023.