**Medical Re-Evaluation**

Patient Name: Samuel Mcneill

Dt. of Exam: 09/09/2019

1st Exam Dt.: 06/22/2018

**Procedures performed:**

10/19/18 - Lt. Plantar Fasc Inj

12/3/18 - UTox

12/17/18 - UTox

4/5/19 - RKIA #1

**Chief Complaint:**

The patient complains of neck pain that is 7/10, with 10 being the worst, which is sharp and shooting in nature. The neck pain radiates to bilateral shoulder and bilateral arms. Neck pain is associated with numbness and tingling to the bilateral hands. Neck pain is worsened with sitting, standing, lying down and movement activities. The patient has sickle cell disease and has chronic pain syndrome. He is on a stable dose of pain medications. He is having constipation.

The patient complains of left shoulder pain that is 7/10, with 10 being the worst, which is shooting and achy in nature. Left shoulder pain is worsened with raising the arm and lifting objects.

The patient complains of right knee pain that is 7/10, with 10 being the worst, which is sharp and shooting in nature. Right knee pain is worsened with walking, climbing stairs and squatting.

**REVIEW OF SYSTEMS:**  The patient denies seizures, chest pain, shortness of breath, jaw pain, abdominal pain, fevers, night sweats, diarrhea, blood in urine, bowel/bladder incontinence, double vision, hearing loss, recent weight loss, episodic lightheadedness and rashes.

**PAST MEDICAL HISTORY:**  Noncontributory.

**PAST SURGICAL / HOSPITALIZATION HISTORY:**  Noncontributory.

**MEDICATIONS:**  Folic acid 1 mg one a day, meloxicam 7.5 mg as needed.

**ALLERGIES:**  No known drug allergies.

**Physical Examination:**

**Neurological Exam:** Patient is alert and cooperative and responding appropriately. Cranial nerves II-XII grossly intact.

**Deep Tendon Reflexes:** Are 2+ and equal with the exception of right triceps 1/2 and left triceps 1/2.

**Sensory Examination:** Is checked by pinprick. It is intact. Hoffman's exam is negative.

**Manual Muscle Strength Testing:** Testing is 5/5 normal with the exception of right shoulder abduction 5-/5, left shoulder abduction 5-/5, right shoulder flexion 5-/5, left shoulder flexion 5-/5, right hip flexion 5-/5 and left hip flexion 5-/5.

**Cervical Spine exam:** Cervical spine examination reveals tenderness upon palpation at C2-8 levels on the left. The Spurling's test is positive. The Cervical Distraction test is positive. There are palpable taut bands / trigger points at bilateral levator scapulae, bilateral trapezius and bilateral posterior scalenes. ROM is as follows: extension was 10 and is 10 degrees; forward flexion was 30 and is 30 degrees; right rotation was 10 and is 10 degrees; left rotation was 10 and is 10 degrees; right lateral flexion was 10 and is 10 degrees and left lateral flexion was 10 and is 10 degrees.

**Left Shoulder Examination:** Reveals tenderness upon palpation of the left AC joint and glenohumeral region with muscle spasm present at deltoid muscle and trapezius muscle. Neer's test is positive and Hawkins's test is positive. ROM is as follows: abduction was 165 and is 165 degrees; flexion was 145 and is 145 degrees; external rotation was 40 and is 40 degrees and internal rotation was 35 and is 35 degrees.

**Right Knee Examination:** Reveals tenderness upon palpation of the right peripatellar region. ROM is as follows: extension was -5 and is -5 degrees and forward flexion was 110 and is 110 degrees.

**GAIT:** Normal.

**Diagnostic Studies:** None reviewed.

**Diagnosis:**

Cervical Muscle Sprain/Strain.

Possible Cervical Disc Herniation.

Possible Cervical Radiculopathy Vs. Plexopathy Vs. Entrapment Syndrome.

Cervicalgia (Neck pain): M54.2

Left shoulder sprain/strain.

Left shoulder internal derangement.

Right knee sprain/strain.

**Plan:**

Refilled his meds today to include:

Percocet 10/325 mg one tab q8h. prn dispense #70.

Xtampza ER 9 mg one tab bid dispense #60.

OTC laxative for constipation.

Refilled his meds today to include Percocet and Xtampza.

Advised to take OTC laxative for constipation.

**Medications:**

Percocet 10/325 mg one tab q8h. prn dispense #70.

Xtampza ER 9 mg one tab bid dispense #60.

**Follow-up:** 4 weeks.



Gurbir Johal, M.D.