**Initial Comprehensive Medical Evaluation**

Date: 07/22/2019

RE: Erika Wright

DOB: 6/1/1970

1st Evaluation

**CHIEF COMPLAINTS:**

On 07/22/2019, Ms. Erika Wright, a right-handed 49-year-old female presents for the evaluation of the injuries sustained in a motor vehicle accident which occurred on the date of 04/13/2019. The patient was seen at the Edison, NJ Office located at . The patient reports no injury to the head and no loss of consciousness. During the accident the patient reports injuries to low-back and Legs.

**HISTORY OF PRESENT ILLNES:**

The patient complains of lower back pain that is 8/10, with 10 being the worst, which is sharp in nature. Lower back pain is associated with numbness and tingling Lower back pain is worsened with sitting, standing, lying down, movement activities and climbing stairs.

a Patient states that due to a previous condition, she had treatment to the body parts low back, right leg.

**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:**  Hypertension, thyroid disease.

**PAST SURGICAL / HOSPITALIZATION HISTORY:**  Left knee surgery 2015, torn meniscus, hysterectomy Feb 2018.

**MEDICATIONS:**  Naproxen as needed.

**ALLERGIES:**  Penicillin.

**SOCIAL HISTORY:**  The patient denies smoking and drinking. Patient works as unknown.

**PHYSICAL EXAM:**

**General:** The patient presents in an uncomfortable state.

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

**Sensory Examination:**

**Lumbar Spine Examination:** Reveals tenderness upon palpation at L1-S1 levels bilaterally with muscle spasm present. ROM is as follows: extension is 10 degrees, normal is 30 degrees; forward flexion is 30 degrees, normal is 90 degrees; right rotation is 10 degrees, normal is 30 degrees; left rotation is 10 degrees, normal is 30 degrees; right lateral flexion is 10 degrees, normal is 30 degrees and left lateral flexion is 10 degrees, normal is 30 degrees.

b

**GAIT:** Normal

**Diagnostic Studies:** None reviewed.

**Diagnosis:**

Lumbar muscle sprain/strain.

Possible lumbar disc herniation.

Possible lumbar radiculopathy vs. entrapment syndrome vs. polyradiculopathy.

Sacroiliitis.

c.

**Plan:**

of the lumbar spine to rule out herniated nucleus pulposus/soft tissue injury.

Request Bilateral lumbar trigger point injections x3:

**Request MRI of the lumbar spine:** To rule out herniated nucleus pulposus/soft tissue injury.

Request Chiropractic care.

**Procedures:** If the patient continues to have tender palpable taut bands/trigger points with referral patterns as noted in the future on examination, I will consider doing trigger point injections.

**Medications:**

Baclofen 10 mg one tablet qhs p.r.n. dispense #30

**Care:** Acupuncture, chiropractic and physical therapy. Avoid heavy lifting, carrying, excessive bending and prolonged sitting and standing.

**Goals:** To increase range of motion, strength, flexibility, to decrease pain and to improve body biomechanics and activities of daily living and improve the functional status.

**Precautions:** Universal. Patient education provided via physician, printed material and online website references.

**Follow-up:** 3 weeks

It is my opinion that the injuries that Ms. Erika Wright sustained to low back and Legs are causally related to the incident that occurred on 04/13/2019 as described by the patient.