**FOLLOW-UP NOTE**

**PATIENT NAME**: Griselda Avila

**DATE OF ACCIDENT:**  01/09/2019

**DATE OF VISIT:**  04/09/2020

**PROVIDER:**  Clifton Burt, M.D.

**REFERRING PHYSICIAN:**  Brunswick Health Center

**LOCATION:**  153 Livingston Avenue

New Brunswick, NJ 08901

**HISTORY OF INJURY:**

The patient is a 48-year-old female passenger. The patient's vehicle was struck on the driver side. The patient was wearing her seatbelt at the time of the accident. The patient was taken by an ambulance to Robert Wood Johnson Hospital.

**SUBJECTIVE HISTORY:** Noncontributory.

**PREVIOUS SURGERIES:** Tubal ligation.

**ALLERGIES:** NO KNOWN DRUG ALLERGIES.

**MEDICATIONS:** Painkillers.

**SOCIAL HISTORY:** The patient denies smoking and drinking.

**WORKING HISTORY:** The patient works in a recycling company.

**CHIEF COMPLAINT:**

CERVICAL PAIN: Rated as a 9/10 on the visual analog scale. The patient has weakness and numbness of hands bilaterally.

LUMBAR PAIN: Rated as a 6/10 on the visual analog scale. The patient has weakness and numbness of feet bilaterally.

The patient has pain with activities of daily living such as sleeping.

**PHYSICAL EXAMINATION:**

General**:** The patient is right-handed. Cranial nerves II-XII are intact.

**CERVICAL SPINE**

**RANGE OF MOTION OF THE CERVICAL SPINE**: The patient has cervical spasm and tenderness with decreased range of motion and pain.

**MUSCLE STRENGTH TESTING:** C5 is 5/5 bilaterally, C6 is 5/5 bilaterally, C7 is 5/5 bilaterally, and C8 is 5/5 bilaterally.

**PINWHEEL TESTING:** C5 is normal bilaterally, C6 is normal on the left and decreased on the right, C7 is normal bilaterally, and C8 is normal bilaterally.

**REFLEXES:** Biceps is 2/2 bilaterally, brachioradialis is 2/2 on the left and 1/2 on the right, and triceps is 2/2 bilaterally.

**ORTHOPEDIC TESTING:** Cervical compression test is positive bilaterally.

**LUMBAR SPINE**

**RANGE OF MOTION OF THE LUMBAR SPINE:** The patient has lumbar spasm and tenderness with decreased range of motion and pain.

**MUSCLE STRENGTH TESTING:** L2 to L4 is 5/5 bilaterally, S1 is 5/5 on the right and 4/5 on the left, and L5 is 5/5 bilaterally.

**PINWHEEL TESTING:** L4 is normal bilaterally, L5 is normal bilaterally, and S1 is normal on the left and decreased on the right.

**REFLEXES:** Patella is 2/2 bilaterally and Achilles is 2/2 bilaterally.

**ORTHOPEDIC TESTING:** Straight leg raise test is positive bilaterally.

**DIAGNOSTIC STUDIES:**

MRI reveals cervical bulge at C3-C4, C4-5, cervical herniated nucleus pulposus at C5-C6, C6-C7, lumbar bulge at L3-L4, L4-L5, L5-S1, and lumbar herniated nucleus pulposus at L2-L3.

**RECOMMENDATIONS:**

1. Chiropractic care three times a week for four weeks.
2. Physical therapy three times a week for four weeks.
3. NCV/EMG studies of the lower extremities bilaterally.

**

CLIFTON BURT, M.D.   
CB/AEI

**Transcribed but not proofread**