

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Vital Signs:

Patient Profile: 52 Years Old Female
Height: 64 inches
Weight: 190 pounds
BMI: 32.73
Temp: 97.4 degrees F
Pulse rate: 72 / minute
Resp: 16 per minute
BP sitting: 132 / 84

Physical Exam

MSK:

cervical and lumbar tenderness

Neurologic:

Awake and alert
II-XII normal
mild grip weakness 5/5
rt PF 4/5
decreased rt L5 sensations
absent rt AJ and rt BJ rest DTRs normal
No cerebellar
gait cannot do tandem
positive SLR

Patient Instructions:

- 1) Please schedule a follow-up appointment in 3-4 weeks.
- 2) Discussed the hazards of tobacco smoking (use). Smoking cessation recommended and techniques and options to help patient quit were discussed.
- 3) Discussed importance of regular exercise and recommended starting or continuing a regular exercise program for good health.
- 4) The patient was encouraged to lose weight for better health.
- 5) Most patients (90%) of patients with low back pain will improve with time (2-6 weeks). Limit activity to comfort and avoid activities that increase discomfort. Apply moist heat and/or ice to lower back and take medication as instructed for pain relief. Please read the Back Pain Handout and start Physical Therapy as directed.
- 6) Limit activity to comfort and avoid activities that increase discomfort. Apply moist heat and/or ice to neck and take medication as instructed for pain relief. Please read the Neck Pain Handout and start Physical Therapy as directed.
- 7) Plan ACDF following auth and clearance.

Active Medications:

FLEXIRIL 10 MG () TAKE 1 EVERY 8HRS PRN