

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Patient Profile: 52 Years Old Female  
Height: 64 inches  
Weight: 198 pounds  
BMI: 34.11  
Temp: 98.1 degrees F  
Pulse rate: 88 / minute  
Resp: 20 per minute  
BP sitting: 120 / 78

**Physical Exam**

**MSK:**

cervical and lumbar tenderness

**Neurologic:**

Awake and alert

II-XII normal

grip better 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

**Impression & Recommendations:**

**Problem # 1:** Neck Pain (ICD-723.1) (ICD10-M54.2)

**Assessment:** Improved

**Medications Added to Medication List This Visit:**

1) Medrol (pak) 4 Mg Tabs (Methylprednisolone) .... Take as directed by physician

**Other Orders:**

99024-NO CHARGE/POST OP (CPT-99024)

**Patient Instructions:**

- 1) Please schedule a follow-up appointment in 8-10 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.