

NADINE AGUILAR

Female DOB: 11/26/1958

189149

Home: (661) 802-9785

Ins: NMM - LA CARE

06/09/2025 - Office Visit: INITIAL CONSULT

Provider: Manprit K Dhillon MD

Location of Care: Antelope Valley Neuroscience Medical Group

History of Present Illness:

I saw NADINE AGUILAR in the office today for an initial consultation. She is a 66 year old woman with the complaint of low back pain involving the lateral aspects of her lower extremities to the dorsum of the feet. The legs bother her equally and bother her just as much as the lower back. She has intermittent numbness, tingling, and weakness of the legs and uses a front wheeled walker. She has no best position and therefore can have pain with sitting, standing, walking, and lying down. She denies any bowel incontinence but has had urinary incontinence for 5 years.

She has not undergone physical therapy but did go to a chiropractor without relief. She has not had injections done. She takes ibuprofen.

She takes Norco 10/325 4 per day and Motrin 800 mg daily.

She has not had a recent MRI of the lumbar spine. Her lumbar spine x-rays done at AVMC on February 5 reveal narrowing of the L5-S1 interspace with a listhesis at L4-5.

Current Allergies (reviewed this update):

PERCOCET (OXYCODONE-ACETAMINOPHEN) (Critical)

LEVAQUIN (Critical)

Radiology Impression

Review of Records

Past Medical History:

Reviewed and updated today:

Hypertension

Diabetes

Denies MI or cancer

Pharmacy:

Rite Aid

Ave J and 15th St

Past Surgical History:

Reviewed and updated today:

Status post bilateral carpal tunnel release

Status post left knee surgery

Status post hysterectomy

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Family History Summary:

Family History Reviewed: 06/09/2025

Legacy Family History Notes: Cancer High blood pressure Diabetes

Social History Summary:

Does nt

Vital Signs:

Patient Profile: 66 Years Old Female

Height: 54 inches

Weight: 181.8 pounds

BMI: 43.83 kg/m2

O2 Sat: 95 %

Temp: 97.8 degrees F temporal

Pulse rate: 64 / minute

BP Sitting: 146 / 86 (left arm)

Cuff size: regular

Patient in pain? Yes

Location: back, both feet

Intensity: 6

Allergies: Allergies were reviewed with the patient during this visit.

Detailed Neurologic Exam

Motor Exam:

Gait:

She ambulates with a front wheeled walker

Strength:

The bilateral iliopsoas, quadriceps, dorsiflexion, and plantar flexion are with 5/5 strength.

Sensory Exam:

Light Touch:

No evidence for sensory loss.

Reflex Exam:

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Deep Tendon Reflexes:

Right Knee: 1+

Left Knee: 1+

Right Ankle: 1+

Left Ankle: 1+

Clonus:

Clonus is absent.

Impression & Recommendations:

Problem # 1: Spondylosis without myelopathy or radiculopathy, lumbar region (ICD10-M47.816)

Orders:

99205-COMP, COMPLEX (CPT-99205)

MRI LUMBAR SPINE W/O CONTRAST (MRI LUM W/O)

New additions to the Medication List this visit:

1) Valium 5 Mg Tablet Take 1 tablet by mouth once a day for mri

Patient Instructions:

1) PT TO BE SCHEDULED FOR MRI LUMBAR W/O, WILL REQ AUTH.

2) PT TO FOLLOW UP AFTER IMAGING IS DONE.

3) WILL GIVE PT VALIUM 5MG #2 FOR MRI.

Medications:

Added

New medication of Valium 5 mg tablet (diazepam)

Take 1 tablet by mouth once a day FOR MRI Indications: Spondylosis without myelopathy or radiculopathy, lumbar region - Signed

Rx of Valium 5 mg tablet (diazepam)

Take 1 tablet by mouth once a day FOR MRI; #2 tablet x 0; Signed;

Entered by: Manprit K Dhillon MD; Authorized by: Manprit K Dhillon MD;

Method used: Electronically to Walmart Pharmacy 2951 1731 EAST AVENUE J, LANCASTER (E), CA 93535, Ph: (661) 945-9568 Fax: (661) 945-5930, ;

Note to Pharmacy: FOR MRI:USE Rx DISCOUNT CARD: \$14.93, BIN:019876, PCN:CHIPPO, Group:EMR, ID:DF8369DAC4;

Created By: Manprit K Dhillon MD; Signed By: Manprit K Dhillon MD;

Clinical Date: 06/09/2025 11:04:49 AM

Prescriptions:

Valium 5 mg tablet (diazepam) Take 1 tablet by mouth once a day FOR MRI #2 tablet x 0

Entered and Authorized by: Manprit K Dhillon MD

Electronically signed by: Manprit K Dhillon MD on 06/09/2025

Method used: Electronically to
Walmart Pharmacy 2951

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Antelope Valley Neuroscience Medical Group
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(661) 945-6931 Fax: (661) 945-4592

June 17, 2025
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Office Visit

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Indications: Spondylosis without myelopathy or radiculopathy, lumbar region
RxID: 2065086302066560
Created By: Manprit K Dhillon MD
Clinical Date: 06/09/2025 11:04:49 AM

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Electronically signed by Manprit K Dhillon MD on 06/09/2025 at 3:22 PM
