

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

11/22/2016 - Office Visit

Provider: Mukesh Misra MD

Location of Care: Antelope Valley Neuroscience Medical Group

History of Present Illness:

I saw DARLEAN SCOTT in the office today for a followup consultation. She is a 52 year old woman with the complaint of neck pain. bilateral shoulder pain. bilateral arm pain. low back pain. bilateral leg pain. Patients pain is getting worse. Patient is falling down. MR cervical spine does show cord changes and multiple level DDD/stenosis. MR LS spine also shows worse disk disease and stenosis at L3-4/L4-5 level. Plan ACDF C4-7 following auth and clearance. No other new issues.

Review of Records

Past Medical History:

Reviewed history from 11/09/2016 and no changes required:
No hypertension, diabetes, MI or cancer.

Past Surgical History:

Reviewed history from 11/09/2016 and no changes required:
Status post L3-L5 Lumbar Laminectomy/Laminotomy.
Status post Left CTR.
Status post Right CTR.

Family History:

Reviewed history from 11/09/2016 and no changes required:
Family History of Tuberculosis
Family History of Bleeding Disorders
Family History of High Blood Pressure
Family History of Diabetes
Family History of Heart Disease

Social History:

Reviewed history from 11/09/2016 and no changes required:
Patient currently smokes every day. She smokes 6 cigarettes a day
Alcohol Use - yes Moderate
Drug Use - no
HIV/High Risk - no
Regular Exercise - no

Risk Factors:

Counseled to quit/cut down tobacco use: yes

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

Antelope Valley Neuroscience Medical Group
42135 10th Street West Ste 301 LANCASTER, CA 93534-6093
(661) 945-6931 Fax: (661) 945-4592

July 1, 2025
Page 3
Office Visit

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 11/22/2016 at 2:09 PM
