

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**Vital Signs:**

Patient Profile: 53 Years Old Female  
Height: 64 inches  
Weight: 176 pounds  
O2 Sat: 96 %  
Temp: 85.8 degrees F  
Pulse rate: 84 / minute  
BP sitting: 150 / 80

**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:** CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

**Assessment:** Unchanged

**Other Orders:**

99214-FU, DETAILED (CPT-99214)

**Patient Instructions:**

- 1) Please schedule a follow-up appointment in 3 months.
- 2) Discussed importance of regular exercise and recommended starting or continuing a regular exercise program for good health.
- 3) The patient was encouraged to lose weight for better health.
- 4) 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.
- 5) 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.