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WYOMING SPINE & PAIN ASSOCIATES

Regional Pain Management Center
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PT NAME: Henderson, James M. **DOB:** 01/19/1962 (62M)
MRN: WSPA-24-4729 **VISIT:** 09/27/2024 **INS:** Medicare B

CHIEF COMPLAINT:

Chronic lower back & leg pain, tried lots of treatments, wants nerve stimulator

HISTORY:

62M c/o chronic pain lower back & R leg x 18 months. Started gradually around March 2023, no specific injury recalled. Initially thought it was "just getting older" but pain has gotten worse. Describes pain as aching, sometimes sharp, in lower back radiating down R buttock & leg. Rates pain 6-7/10 most days, worse w/ standing, walking, bending.

Pt reports pain affects his ability to work (retired truck driver but does odd jobs). Difficulty w/ yard work, prolonged standing. Takes OTC meds which help "a little." Has tried some PT and got some injections but "nothing really helped much."

Patient read about stimulators online, neighbor had one for back pain & it helped, wants to try

PREVIOUS TREATMENTS:

Per patient report (records incomplete):

- Tried ibuprofen, naproxen - takes regularly
- Gabapentin - thinks he took this for few months? Not sure of dose, stopped because wasn't helping enough
- Physical therapy - did "some PT" but doesn't remember exactly when or how long, said it didn't help
- Got injections - thinks they were epidurals? Or maybe facet blocks? Had 2 or 3 of them, helped temporarily
- Pt unable to provide specific dates, dosages, or duration for most treatments. States "I've tried everything, doc."

PMH:

HTN, high cholesterol, Type 2 DM (not great control per pt), prior back pain (chronic), R knee arthritis

MEDS:

Gabapentin 300mg (takes "when remembers")
Metformin 500mg BID
Lisinopril 10mg daily
Naproxen 500mg PRN

ALLERGIES:

NKDA

SOC HX:

Former truck driver, retired 2021. Divorced, lives alone. Adult children out of state. *Denies smoking/drugs.* Social drinker.

ROS:

(+) Back/leg pain. (+) Some numbness R leg sometimes. Denies bowel/bladder changes. All other systems not fully documented.

PHYSICAL EXAM:

VS: BP 142/88, HR 76, Wt 215 lbs

Gen: Overweight male, NAD

Back: TTP lumbar paraspinals bilaterally. ROM limited by pain. No detailed exam documented

Lower ext: R leg - no obvious deformity. Sensation seems okay, strength not formally tested. SLR (+) R side at ~60 degrees.

Neuro: Grossly intact - detailed neuro exam not documented

IMAGING:

X-ray lumbar spine (sometime 2023?): Pt reports he had x-rays last year showing "arthritis." No reports available in chart.

Recent labs (06/2024): A1c 8.2% (elevated), otherwise routine labs WNL per pt report