

COASTAL ORTHOPEDICS & SPORTS MEDICINE

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Patient: Mitchell, Patricia K.

MRN: CA-2025-57392

Provider: Dr. Jennifer Martinez, MD

Date of Birth: 05/22/1953 (72 years old)

Visit Date: October 8, 2025

Insurance: Medicare Part B

CHIEF COMPLAINT

Upper back pain for 5 weeks following fall, requesting vertebroplasty.

HISTORY OF PRESENT ILLNESS

Ms. Mitchell is a 72-year-old woman who presents for evaluation of persistent thoracic back pain. She reports that 5 weeks ago (early September 2025), she slipped on a wet kitchen floor and fell backward, landing on her upper back. She experienced immediate onset of sharp mid-back pain and presented to an urgent care facility the same day.

X-rays at the urgent care showed a compression deformity at T11 vertebral body. She was prescribed tramadol for pain and advised to follow up with her primary care physician. She saw her PCP one week later who continued pain management and recommended conservative treatment including rest, activity modification, and use of a back brace.

Over the past 5 weeks, her pain has improved somewhat from an initial 8/10 to current 7/10, but she continues to have significant discomfort that limits her activities. The pain is constant, aching in quality, localized to the mid-thoracic region, and worsens with movement and prolonged sitting or standing. She reports difficulty with household chores, gardening (her hobby), and sleeping due to pain.

Her daughter researched treatment options online and learned about vertebroplasty. Patient is interested in this procedure and was referred by her PCP to our clinic for evaluation.

PAIN ASSESSMENT

Date	Time Post-Injury	NRS Score	Clinical Setting
09/03/2025	Day 0	8/10	Urgent care - initial injury
09/10/2025	1 week	7/10	PCP follow-up
09/24/2025	3 weeks	7/10	PCP follow-up
10/08/2025	5 weeks	7/10	Today's orthopedic evaluation

PAST MEDICAL HISTORY

- Osteoporosis - diagnosed 2020 (DEXA T-score -2.8)
- Hypertension - controlled on medication

- Hyperlipidemia
- GERD
- Status post appendectomy (1975)
- Status post total abdominal hysterectomy (1998)

MEDICATIONS

- Alendronate 70 mg PO weekly (takes on Saturdays)
- Calcium carbonate 600 mg + Vitamin D3 400 IU PO BID
- Amlodipine 10 mg PO daily
- Atorvastatin 40 mg PO daily
- Pantoprazole 40 mg PO daily
- Tramadol 50 mg PO TID (for current pain)
- Acetaminophen 650 mg PO QID (for current pain)

ALLERGIES

Penicillin (rash)

SOCIAL HISTORY

Retired school administrator. Married, lives with husband in single-story home. Non-smoker. Rare social alcohol use. Previously very active with gardening, walking, and volunteer work. Currently limited by back pain.

PHYSICAL EXAMINATION

Vital Signs: BP 136/82, HR 76, RR 14, T 98.4°F, Weight 148 lbs, Height 5'4"

General: Well-appearing woman, alert and oriented, in no acute distress but moves cautiously

Cardiovascular: Regular rate and rhythm, no murmurs

Respiratory: Clear to auscultation bilaterally

Spine:

- Inspection: Mild thoracic kyphosis, no gross deformity
- Palpation: Point tenderness over T11 spinous process
- Range of motion: Limited flexion and extension due to pain
- No paraspinal muscle spasm

Neurological:

- Mental status: Alert and oriented x3
- Motor: 5/5 strength bilateral lower extremities (all major groups tested)
- Sensory: Intact to light touch in all dermatomes
- Reflexes: Patellar 2+, Achilles 2+, symmetric
- Gait: Steady, slightly cautious
- No saddle anesthesia

IMAGING STUDIES

Thoracic Spine X-Ray (09/03/2025) - Urgent Care:**FINDINGS:**

- Compression deformity of T11 vertebral body
- Approximately 25-30% loss of anterior vertebral body height
- Mild degenerative changes throughout thoracic spine
- No acute displaced fracture
- Vertebral alignment maintained

IMPRESSION: T11 vertebral body compression deformity. Age of fracture cannot be determined on plain radiographs. Recommend clinical correlation and consider MRI if acute fracture suspected.

FUNCTIONAL ASSESSMENT

Roland Morris Disability Questionnaire: Score 19/24

Patient reports severe functional limitations including difficulty with bending, lifting, dressing, sleeping, and household activities.

BONE DENSITY

DEXA Scan (March 2023):

Lumbar Spine (L1-L4): T-score -2.8

Left Total Hip: T-score -2.5

Diagnosis: Osteoporosis

CONSERVATIVE TREATMENT (Past 5 Weeks)

Medications:

- Tramadol 50mg TID (started 09/03/2025)
- Acetaminophen 650mg QID (added 09/10/2025)
- Continued osteoporosis medications (alendronate, calcium, vitamin D)

Non-pharmacologic:

- Thoracolumbar orthosis fitted 09/10/2025, worn daily
- Activity modification - limited lifting and bending
- Rest periods throughout day
- Ice therapy initially, then heat as tolerated

Duration: 5 weeks of conservative management

Response: Minimal improvement - pain decreased from 8/10 to 7/10 but has plateaued for past 2 weeks

LABORATORY DATA

Test	Result	Reference Range	Date
WBC	6.8 K/uL	4.5-11.0	09/10/2025
Hemoglobin	13.4 g/dL	12.0-16.0	09/10/2025

Calcium	9.3 mg/dL	8.5-10.5	09/10/2025
25-OH Vitamin D	41 ng/mL	30-100	08/2025