



Patient Name: Ann Smith
Patient DOB: 07-16-1980
Patient Sex: Female
Visit Date: 03-07-2016

Current Chief Complaints

At the time of evaluation the patient's major complaints were:

1. [Headaches](#)
2. [Middle back pain/stiffness](#)
3. [Lower back pain/stiffness](#)

[Ann Smith](#) is a [35 year\(s\)](#) [right handed female](#) who was involved in [an automobile related injury](#).

History of Injury

Accident Details
Patient status: the same
Date Occured: 10/15/2015

Brief Description of Accident: Driving in center lane on Grand Central Pkwy, patient was hit on the rear passenger side of her car. She felt such a big impact that she thought she was rear-ended. She felt her body was "whiplashed". She noted instant pain in her neck followed by headaches while she was waiting for the police. Pain started to get much worse next day.

Driving conditions: dry
Patient location in vehicle: driver
Patient wearing a seat-belt: yes
Did airbags deploy: no
Area of Impact: Rear Passenger
Did Patient see accident about to occur: no
Did patient brace for impact: no
Was the patient car moving: yes
How fast: 55-60 mph
Was the other vehicle moving: yes
Head position at time of impact: Looking straight
Did patient hit body parts on auto: Right arm
How soon did pain begin: Immediately and worse next day
Did patient had a pre-existing complaint: no
Has patient been in accident before: no
Did patient go to the hospital or urgent care: no
Is patient working at current time: yes

History

Past Medical History

[DM](#)
[HTN](#)

Family History

No significant family history

Social History

Denies tobacco, alcohol and IV drug abuse

Allergies

No Known Drug Allergies

Current Medications

Ativan 1mg Tablet, OD

Celebrex 200mg Capsule, take 1 capsule (200mg) by oral route once daily

Metformin Hydrochloride 500mg Tablet

Benicar 20mg Tablet

Problem List

Essential (Primary) Hypertension (I10)

Type 1 Diabetes Mellitus Without Complications (E10.9)

Other Spondylosis, Lumbar Region (M47.896)

Other Intervertebral Disc Displacement, Lumbosacral Region (M51.27)

Review Of Systems:

General: No complaints.

HEENT: No complaints.

Heart: No complaints.

Lung: No complaints.

Abdomen: No complaints.

Extremities: No complaints.

Low back pain only.

Vital Signs

Systolic BP is 150.

Diastolic BP is 95.

Sitting Pulse is 85.

Temperature is 98.6 F.

Respiratory Rate is 15/min

O2 Sat is 99%

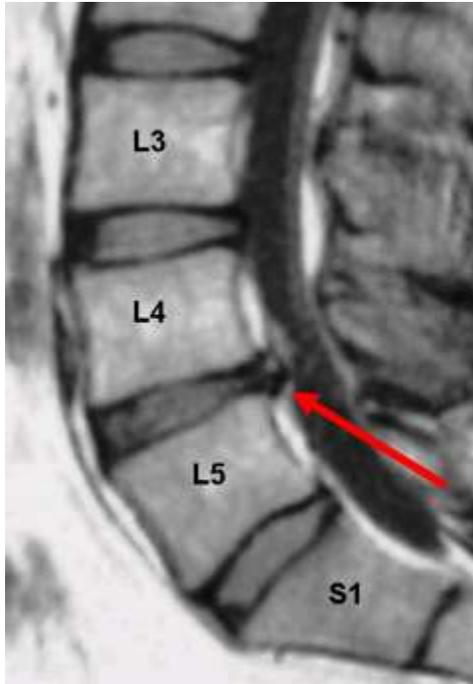
Height is 65 in.

Weight is 175 lbs.

BMI is 29.12.

Prior Studies

CT Scan of Lumbar Spine reveals disc herniation in L4-5



Physical Exam

Neurological Examination:

Cranial Nerve Examination

CN II: Pupils are equal round regular reactive to light and accommodated directly and consensually. Visual fields are full on direct and double simultaneous stimulation. Visual acuity is within normal limits. Extraocular muscles are intact. Orbicularis oculi are normal. CN VII-Muscular expression and movement of the face is within normal limits. Jaw opening is symmetrical. Facial sensation to light touch and pinprick is normal bilaterally at V1 (forehead), V2 (Cheek) and V3 (lower lip). Fundi are unremarkable. CN VIII- Hearing is within normal limits. CN IX & X- Ability to swallow and movement of the palate is intact. The corneal reflex, gag reflex, and the remainder of the brainstem reflexes are normal and symmetrical bilaterally. Smell and taste were not tested.

Muscle:

Bulk: Within normal limits

Tone: normal

Cerebellar:

Finger-nose test is intact.

Rhomberg test was negative.

Head

Head: normocephalic and atraumatic.

Eyes: pupils were equal and reacted to light and accommodation and extraocular muscles were intact.

Ears: no blood noted in the extra auditory canal.

Chest

Chest: no deformities.

Heart

The heart was in regular rhythm and rate: normal S1 and S2.

Lungs

Clear to auscultation bilaterally

Abdomen

Abdomen:- soft, normoactive bowel sounds and negative tenderness.

Back

Back: normal.

Range of Motion: Cervical spine region

Flexion (Normal: 60 degrees): 55

Extension (Normal: 50 degrees): 50

Lt. Lateral Flexion (Normal: 40 degrees): 40

Rt. Lateral Flexion (Normal: 40 degrees): 40

Left Rotation (Normal: 80 degrees): 80

Right Rotation (Normal: 80 degrees): 80

Lumbar Spine Region

Flexion (Normal: 90 degrees): 45

Extension (Normal: 30 degrees): 10

Lt. Lateral Flexion (Normal: 30 degrees): 10

Rt. Lateral Flexion (Normal: 30 degrees): 10

Left Rotation (Normal: 30 degrees): 10

Right Rotation (Normal: 30 degrees): 10

Strength Testing of Upper and Lower Extremities: Within Normal Limits

Assessment

Low Back Pain (M54.5)

Intervertebral Disc Displacement, Lumbar Region (M51.26) L4-L5

Essential (Primary) Hypertension (I10)

Type 1 Diabetes Mellitus Without Complications (E10.9)

Plan

Lab

COMP METABOLIC PANEL

CRP

CBC

MRI LUMBAR SPINE

Today's Medication

Tramadol Hydrochloride 50mg Tablet is Prescribed, take 1 tablet (50mg) by oral route every 6 hours as needed

Procedure

Inj Steroid J3301

Recommendation

Control weight to normal or near-normal levels by eating a healthy low-fat, high-fiber diet. Keep alcohol consumption low.

The patient was instructed with verbal as well as written information concerning their risk factors to skin breakdown and complicated infections. They were also informed in regards to preventive measures to protect their feet from gross and microtrauma and to evaluate their feet, particularly the plantar aspects, on a daily basis. Discussed in detail with patient both the neurological complications (neuropathy) and vascular complications (lack of blood flow) involved with diabetes. After an evaluation of the patients shoes, proper shoe gear including diabetic shoes were discussed. It was stressed to the patient the importance of monitoring and controlling blood

sugars to prevent permanent damage and increase risk of diabetic foot complications. The patient verbalizes their understanding of these instructions and information.

Based on the above exam and pathology a decision was made today to order a MRI. We will review the results once they are forwarded to the clinic and discuss them with the patient.

If you have high fat levels (such as high cholesterol) or high blood pressure, take your medication as directed.

Follow Up

Followup in 7 days.

Health Education

DISC HERNIATION

Referral

[Chiropractor](#) - For chiropractic manipulation & therapies

The visit was electronically signed off by David Sussman, MD on 03/07/2016 04:28:29 PM