

Auburn Montgomery Student Health Services

7461 East Dr
Montgomery AL, 36117-8092
(334) 244-3281

Date: 06/28/21

PATIENT: PELLEGRIN, MATTHEW **DOB:** 10/27/1980 **Gender:** MALE **MRN:** 1298 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Patient is here sick visit

HISTORY OF PRESENT ILLNESS: c/o pain at base of neck and in between shoulder blades intermittently for the past 1 month. Denies neck injury or recent heavy lifting. No history of neck problems in the past. Associated with left 2nd and 3rd finger swelling and numbness. He went to get a massage 1.5 weeks ago with no relief. He states in the past week his left arm and hand have gone numb at times. He has tried tylenol and ibuprofen with no relief.

VITALS: BP: 134/79 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 105; **Temp:** 98.4; **Resp:** 19; **Ht:** 74 in.; **Wt:** 365 lbs.;
BMI: 46.86; **Pulse Oximetry:** 98%

ALLERGIES: Penicillins ((Urticaria NOS) or (hives)); erythromycin base ((Urticaria NOS) or (hives))

MEDICATIONS:

Vitamin D2 1,250 mcg (50,000 unit) capsule (1 capsule PO weekly)
lisinopril 20 mg tablet (1 tablet daily)
pravastatin 10 mg tablet (1 tablet PO QHS)

PAST MEDICAL HISTORY: GAD/depression, allergies, kidney stones, psoriasis; HLD, HTN, vitamin D deficiency.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies smoking and drug use. Drinks occasionally.

FAMILY HISTORY: Mother: hyperlipidemia, hypertension, mental illness Father: hyperlipidemia, hypertension, mental illness

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ bilateral radial pulses. Bilateral hand grasp strong and equal 5/5. No vertebral point tenderness. + tenderness to left subscapula region. + FROM of C-spine and left shoulder.

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

Auburn Montgomery Student Health Services

7461 East Dr
Montgomery AL, 36117-8092
(334) 244-3281

Date: 06/28/21

PATIENT: PELLEGRIN, MATTHEW **DOB:** 10/27/1980 **Gender:** MALE **MRN:** 1298 **AGE:** 40 Years

ASSESSMENT:

M54.2 - Cervicalgia (PRIMARY)
R20.2 - Paresthesia of skin

PLAN:

prednisone 10 mg tablets in a dose pack
Refills: 0 Qty: 1 PACKAGE
Instructions: take as directed on package for 6 days.

cyclobenzaprine 5 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE 3 TIMES PER DAY as needed for neck spasms/pain.

Referral: EMIC, East Montgomery Imaging Center (Radiology)
Instructions: MRI C-spine

Recommended heating pad and TENS unit. No heavy lifting above head. Referral to PT pending MRI results. He verbalized understanding.

Electronically signed by Lindsey Barton, CRNP on 06/28/21 4:47 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.