

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 03/11/24

PATIENT: SMITH, KENNEDY **DOB:** 10/28/1995 **Gender:** FEMALE **MRN:** 1672 **AGE:** 28 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Low back pain since this am

HISTORY OF PRESENT ILLNESS: Ms. Smith is a 28 yo female here today for low back pain that started while she was working out at Crossfit. She states they were doing deadlifts and box jumps and she thinks her form was off. Her low back started hurting and has gotten worse throughout the day. She tried icy hot, heat, ice, and ibuprofen with no relief. Denies urinary symptoms, radiation of pain, or numbness to lower extremities.

Of note, she states she doesn't have a period because of the way she takes her birth control.

VITALS: BP: 114/69 **Pulse:** 88; **Temp:** 98.1; **Resp:** 16; **Ht:** 70 in.; **Wt:** 201.7 lbs.; **BMI:** 28.94; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Adderall 10 mg tablet (1 tablet po daily)
norethindrone 1 mg-e. estradiol 20 mcg (24)-iron 75 mg (4) chew tablet

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Wisdom teeth

SOCIAL HISTORY: Denies tobacco, illicit drug abuse, but admits to social ETOH use. Works on campus.

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.

GASTROINTESTINAL: No cva tenderness.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally. No vertebral point tenderness. + SLR bilaterally at 30 degrees.

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.

ORDERS:

UA (1 unit(s)): In-House Lab

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URINE PREG TEST (1 unit(s)): In-House Lab
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Toradol 60 MG (1 unit(s)): Injection

RESULTS:

UA:

Appearance: clear
Color: yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.015
Blood: Negative
pH: 7
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Negative
CS: no

URINE PREG TEST :
Value: Negative

Toradol 60 MG :
Site Given: Left Ventragluteal
Dosage Given: 60 milligram(s)
Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

M54.50 - Low back pain, unspecified (PRIMARY).

PLAN:

Recommended heat, rest, nsaid, and no heavy lifting more than 10lbs for the next 2 weeks. Given a referral for L-spine x-ray. Follow up if no improvement or worsening symptoms.

ketorolac 10 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED for pain FOR UP TO 5 DAYS TOTAL USE

Medrol (Pak) 4 mg tablets in a dose pack
Refills: 0 Qty: 1 UNIT(S)
Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

methocarbamol 750 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (750 MG) BY ORAL ROUTE 3 TIMES PER DAY as needed for muscle relaxant/back pain

Referral: EMIC, East Montgomery Imaging Center (Radiology)

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No Special Instructions

Electronically signed by Lindsey Barton, CRNP on 03/11/24 4:50 PM

L Barton, CRNP