

Auburn Montgomery Warhawk Health Services

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

Date: 08/22/24

PATIENT: BISWAS, SOURISH **DOB:** 10/31/1985 **Gender:** MALE **MRN:** 1703 **AGE:** 38 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: neck pain, leg pain

HISTORY OF PRESENT ILLNESS: Mr. Biswas is a 38 YOM who comes in with c/o neck pain that started a few weeks ago, comes at random, and mostly occurs while swimming when he turns his neck. He denies any recent fall, injury, trauma, MVC. He reports similar pain when he serves in tennis in his middle back along with right leg pain. The leg pain is chronic and happens seldom. He feels better when he stretches and rests the areas. He has not tried heating pads or OTC medications. He is new to playing tennis. The pain is a dull ache and he is currently pain free in the office.

VITALS: BP: 141/94 **Pulse:** 72; **Temp:** 97.8; **Resp:** 16; **Ht:** 65 in.; **Wt:** 198.9 lbs.; **BMI:** 33.09; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

OneTouch Ultra Control solution (disp control solution for glucometer)

OneTouch Ultra Test strips (CHECK GLUCOSE ONCE DAILY AND AS NEEDED FOR HYPOGLYCEMIA SYMPTOMS)

OneTouch UltraMini kit (check glucose once daily- dx: E11.65)

OneTouch UltraSoft Lancets (CHECK GLUCOSE ONCE DAILY AND AS NEEDED FOR HYPOGLYCEMIC SYMPTOMS)

lancets (Please dispense One Touch Delica Plus lancets for his machine to check glucose once daily. 90 day supply. Thank you)

lisinopril 5 mg tablet (1 TABLET PO DAILY)

metformin 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE ONCE DAILY)

PAST MEDICAL HISTORY: HTN, Type 2 DM (Diagnosed Oct. 2021); GAD

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Married. Spouse works on campus. Smokes 2-3 cigs per day x 15 years. Denies illicit drug use. Occasional use.

FAMILY HISTORY: Father- DM, HLD

HEALTH MX HISTORY:

DME class- December 2021.

A1C- Jan. 2022.

DM Foot exam and Microalbumin- 10/6/2021.

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.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

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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: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally; no reproduceable pain on exam; negative straight leg test

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.

ASSESSMENT:

M54.2 - Cervicalgia (PRIMARY)

M54.9 - Dorsalgia, unspecified

M79.604 - Pain in right leg

PLAN:

Plan is to use NSAIDS and muscle relaxer prn. Advised to try heating pad and warm bath to help with pain. Pain appears to be MSK in nature, with full ROM of joints on exam. No point tenderness, no pain reproduced during exam. Pain free in clinic. Advised to stretch before and after exercise, swimming, and tennis games. Pt agrees with plan.

naproxen 500 mg tablet

Refills: 1 Qty: 1 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH FOOD AS NEEDED FOR PAIN

cyclobenzaprine 5 mg tablet

Refills: 0 Qty: 1 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR PAIN

Electronically signed by Maranda Fain, CRNP on 08/22/24 3:17 PM