

Auburn Montgomery Warhawk Health Services

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

Date: 01/14/25

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** 4262 **AGE:** 51 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: right sided neck pain that radiates to right shoulder (7/10)

HISTORY OF PRESENT ILLNESS: Mrs. Reck is a 51 yo female here today for right sided neck pain that radiates down her posterior shoulder blade. Denies injury or heavy lifting. Pain began upon awakening yesterday morning. She thinks she may have slept wrong. Denies pain, numbness, tingling, or weakness down her arms. She has tried tylenol, ibuprofen, icy hot and a heating pad with no relief.

VITALS: BP: 178/110 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76; **Temp:** 96.3; **Resp:** 17; **Ht:** 63 in.; **Wt:** 216.6 lbs.; **BMI:** 38.36; **Pulse Oximetry:** 97%; **FDLMP:** 12/22/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule
lisinopril 10 mg-hydrochlorothiazide 12.5 mg tablet (TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY- will need to be seen. by pcp for additional refills.)

PAST MEDICAL HISTORY: HTN, anxiety, insomnia, SAR.

PAST SURGICAL HISTORY: Tubal ligation,

FAMILY HISTORY:

Mother- died at 72 COPD
Father- died 76 colon cancer, HTN

HEALTH MX HISTORY:

Last colonoscopy Oct 2018
Last mammogram September 2018
Last pap- September 2022- reportedly normal

GYN- Brittany Mount, CRNP

PCP- Dr. Banick

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. + FROM C-spine. No vertebral point tenderness. Right trapezius muscle is tight and tender to palpation.

Auburn Montgomery Warhawk Health Services

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

Date: 01/14/25

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** 4262 **AGE:** 51 Years

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:

THERAPEUTIC INJECTION ADMIN (2 unit(s)): Injection
Toradol 60 MG (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Depo-Medrol 40mg/ml:
Site Given: Left Ventral Gluteal
Dosage Given: 40 milligram(s)
Administered By: Bicknell, Miranda - RN

Dexamethasone 4mg/ml:
Site Given: Left Ventral Gluteal
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

Toradol 60 MG :
Site Given: Right Ventral Gluteal
Dosage Given: 60 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

S16.1XXA - STRAIN MUSCLE FSC AND TENDON AT NECK LEVEL INIT (PRIMARY)
I10 - Essential (primary) hypertension

PLAN:

Recommended to continue heating pad, TENs unit can help. Rx as per below. No heavy lifting for the next 2 weeks (no more than 5 lbs.), and rest.

She was given a 2- week supply of her BP medication to make it until her PCP appt that is scheduled for next week.

Follow up as needed.

lisinopril 10 mg-hydrochlorothiazide 12.5 mg tablet
Refills: 0 Qty: 15 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY

methocarbamol 750 mg tablet
Refills: 0 Qty: 15 TABLET(S)
Instructions: TAKE 1 TABLET (750 MG) BY ORAL ROUTE 3 TIMES PER DAY as needed for neck pain

ketorolac 10 mg tablet

Auburn Montgomery Warhawk Health Services

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

Date: 01/14/25

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** 4262 **AGE:** 51 Years

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- start 1/15/25

Electronically signed by Lindsey Barton, CRNP on 01/14/25 10:49 AM

L. Barton, DNP, CRNP