

Auburn Montgomery Warhawk Health Services

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

Date: 11/21/23

PATIENT: STERLING, SCOTT **DOB:** 02/13/1997 **Gender:** MALE **MRN:** 5189 **AGE:** 26 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: thoracic back pain since Saturday

HISTORY OF PRESENT ILLNESS: 26 year old male presents to clinic with complaints of thoracic back pain that has been present since Saturday. He rates the pain a 3/10 at this moment but reports it is worse in the morning rating about an 8/10. He denies any recent injury, heavy lifting, or car accidents, denies any prior injury. He denies urinary symptoms such as difficulty starting a stream of urine, urinary frequency, or painful urination. Denies shortness of breath. He reports the pain started after he bent down to pick up a receipt off the ground. He has tried ibuprofen otc with no relief. He states he has had this back pain a few times before, but it normally goes away with ibuprofen, but this time it didn't.

VITALS: BP: 136/89 **Pulse:** 71; **Temp:** 96; **Resp:** 16; **Ht:** 64 in.; **Wt:** 138.2 lbs.; **BMI:** 23.72; **Pulse Oximetry:** 98%

ALLERGIES: Minocycline (substance)

PAST MEDICAL HISTORY: tachycardia

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Employee. Smokes cigarettes daily, drinks alcohol weekly. Denies illicit drug use.

FAMILY HISTORY:

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.

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. Limited ROM with twisting from side to side

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.

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ORDERS:

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

RESULTS:

UA:

Appearance: clear
Color: yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.010
Blood: Negative
pH: 7
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Negative
CS: No

Toradol 60 MG :

Site Given: Right Ventragluteal
Dosage Given: 60 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

M54.6 - PAIN IN THORACIC SPINE (PRIMARY)

PLAN:

Recommended heating pads, rest, NSAIDs. Referral for x-ray. Rx as per below. Follow up as needed.

Referral: EMIC, East Montgomery Imaging Center (Radiology)

No Special 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 back spasms

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

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Electronically signed by Lindsey Barton, CRNP on 11/21/23 2:11 PM

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