

Auburn Montgomery Warhawk Health Services

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

Date: 10/02/24

PATIENT: CALDWELL, DESTYNE **DOB:** 01/13/1995 **Gender:** FEMALE **MRN:** 5346 **AGE:** 29 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: low back pain since yesterday

HISTORY OF PRESENT ILLNESS: Patient is here for low back pain that started yesterday. She states that this started after getting out of her car. She denies any previous injury but does state that she has had similar episodes in the past. She had a lumbar x-ray 2 years ago that was normal. She states that she does have some radiation to her buttocks. She states that ibuprofen is not helping. She denies loss of bladder or bowel control.

VITALS: BP: 113/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 86; **Temp:** 96.8; **Resp:** 17; **Ht:** 67 in.; **Wt:** 254.8 lbs.;
BMI: 39.9; **Pulse Oximetry:** 99%; **FDLMP:** 09/15/24

ALLERGIES: Demerol; Dilaudid; Percocet

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: Depression; low back pain

PAST SURGICAL HISTORY: Laparotomy;

SOCIAL HISTORY: Employee at AUM. Does not use tobacco; Does not use recreational drugs; Does not use alcohol;

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.

MUSCULOSKELETAL: Tenderness to lumbar and sacral spine with paraspinal muscle spasm noted. Negative straight leg raise. Strength is 4/5 to bilateral lower extremities.

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:

Toradol 30MG (1 unit(s)): Injection

RESULTS:

Toradol 30MG:

Site Given: Left Ventral Gluteal

Dosage Given: 30 milligram(s)

Administered By: Bicknell, Miranda - RN

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ASSESSMENT:

M54.16 - RADICULOPATHY, LUMBAR REGION (PRIMARY)
M54.50 - LOW BACK PAIN, UNSPECIFIED

PLAN:

Gave toradol injection here. Sent for lumbar x-ray. Instructed gentle stretches at home. Gave educational papers with pictures re: stretches. Instructed rest and ice. She has tens unit at home. Discussed that this will also help with acute pain. Sent rx for:

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 UP TO 5 DAYS
TOTAL USE

tizanidine 4 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (4 MG) BY ORAL ROUTE EVERY 6-8 HOURS AS NEEDED NOT TO EXCEED 3
DOSES IN 24 HOURS prn muscle spasm

Instructed to follow up in 4- 6 weeks if not improved and will order MRI. Instructed to go to ER for worsening symptoms.

Electronically signed by Hayley Guthrie, CRNP on 10/02/24 9:43 AM