

Auburn Montgomery Warhawk Health Services

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

Date: 03/05/26

PATIENT: MEYER, RENEE **DOB:** 05/07/1966 **Gender:** FEMALE **MRN:** 5487 **AGE:** 59 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: lower back pain after doing leg presses at wellness center on Tuesday 3/3/2026. Pain is sharp and 7/10

HISTORY OF PRESENT ILLNESS: 59 YO F c/o lower back pain beginning after doing 3 sets of leg presses on press machine that she does not typically use, states lower back pain since that time, no relief with ibuprofen, painful to sit, walk, etc. only relief is when lying down.

VITALS: BP: 112/66 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 80; **Temp:** 98.7; **Resp:** 15; **Ht:** 67 in.; **Wt:** 139 lbs.; **BMI:** 21.77; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Ajovy 225 mg/1.5 mL subcutaneous auto-injector (monthly)
Zoloft 100 mg tablet (2 tablets (total dose is 200mg daily))
atorvastatin 80 mg tablet (daily)
colchicine 0.6 mg tablet (daily)
frovatriptan 2.5 mg tablet (PRN migraines)
pregabalin 150 mg capsule (TID)

PAST MEDICAL HISTORY: anxiety, high cholesterol, migraines

PAST SURGICAL HISTORY: Neck surgery x2 (fusion of C4-C7) - most recent in Feb 2024

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+ DP and PT pulses bilaterally, tender to palpation across lower back bilaterally

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
THERAPEUTIC INJECTION ADMIN (2 unit(s)): Injection

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Dexamethasone 4mg/ml (1 unit(s)): Injection

RESULTS:

Toradol 30MG:

Site Given: Left Ventragluteal

Dosage Given: 30 milligram(s)

Administered By: Bicknell, Miranda - RN

Dexamethasone 4mg/ml:

Site Given: Right Ventral Gluteal

Dosage Given: 4 milligram(s)

Administered By: Bicknell, Miranda - RN

ASSESSMENT:

M54.50 - LOW BACK PAIN, UNSPECIFIED (PRIMARY)

PLAN:

cyclobenzaprine 10 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED

prednisone 5 mg tablets in a dose pack

Refills: 0 Qty: 21 TABLET(S)

Instructions: TAKE AS DIRECTED ON PACKET

Electronically signed by Breena Till, CRNP on 03/05/26 2:20 PM

