

Auburn Montgomery Warhawk Health Services

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

Date: 05/21/24

PATIENT: BREWER, ASHLEY **DOB:** 06/19/1988 **Gender:** FEMALE **MRN:** 5656 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: left sided lumbar pain since last night

HISTORY OF PRESENT ILLNESS: 35 year old female presents to clinic due to sudden onset low back pain that started last night when she was attempting to pick up her 18 month old child. She states she suddenly felt pain and she is unable to relieve the pain despite taking 1 dose of Norco 5 last night and then Ibuprofen and Aleve usage today. Pain is rated an 8/10 and she describes it as being very stiff. She reports she normally sees her chiropractor when this happens but she is unable to get in for 2 weeks. Denies radiation of pain down her legs, no numbness or tingling or urinary symptoms. Pain is better with sitting straight up and lying flat on her back. She reports having x-rays done last year by her chiropractor.

VITALS: BP: 123/88 **Site:** LEFT ARM **Position:** STANDING **Pulse:** 66; **Temp:** 97.6; **Resp:** 16; **Ht:** 67 in.; **Wt:** 138.6 lbs.; **BMI:** 21.7; **Pulse Oximetry:** 98%; **FDLMP:** 05/28/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Claritin 10 mg tablet

PAST MEDICAL HISTORY: allergies, kidney stones, anxiety, depression

PAST SURGICAL HISTORY: Laparoscopy, breast augmentation, c-sections

SOCIAL HISTORY: Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY: Mother- HTN, HLD; Father- HTN, HLD; Maternal grandmother- cancer, stroke

HEALTH MX HISTORY:

OB/GYN- Dr. Dupre.

Pap smear 2022- reportedly normal.

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.

GASTROINTESTINAL: No CVA tenderness.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally, Negative SLR bilaterally. No vertebral point tenderness. + Point tenderness of left SI joint.

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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:

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

RESULTS:

UA:
Appearance: sediment present
Color: amber
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.020
Blood: Negative
pH: 6.5
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Positive
Comments: Leuk: 75 Leu/uL

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

ASSESSMENT:

M54.50 - LOW BACK PAIN, UNSPECIFIED (PRIMARY)
M53.3 - Sacrococcygeal disorders, not elsewhere classified

PLAN:

Recommended no heavy lifting more than 10 lbs and to limit bending and squatting movements for the next 2 weeks.
Recommended heating pad as needed. Rx as per below. She has norco and naproxyn she can use at home for pain. Follow up as needed.

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

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 muscle relaxant/low back pain.

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Electronically signed by Lindsey Barton, CRNP on 05/21/24 11:30 AM

L Barton, CRNP