

Auburn Montgomery Warhawk Health Services

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

Date: 02/28/23

PATIENT: NIEL, KRYSTAL **DOB:** 02/14/1986 **Gender:** FEMALE **MRN:** S00361295 **AGE:** 37 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Low back pain

HISTORY OF PRESENT ILLNESS: Ms. Niel is a 37 yo female here today for low back pain that occurred Saturday while doing 75lb deadlifts on a Smith Machine. She states her spine was not aligned and she felt a pop. She hurts across her low back. Denies radiation of the pain or numbness or weakness to lower extremities. She states this is the first day she could actually walk and has been using a crutch for support. Dr. Shinkle is a family friend of hers. He advised her to do a prednisone taper since she had prednisone at home. She states she took 60mg Saturday then 50 then 40mg and today 30mg. She is on celebrex twice daily for pain. She is a bikini competitor and has a competition in 4 weeks.

VITALS: BP: 113/75 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 67; **Temp:** 97.1; **Resp:** 16; **Ht:** 64 in.; **Wt:** 123.6 lbs.;
BMI: 21.21; **Pulse Oximetry:** 99%; **FDLMP:** 02/01/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Benlysta 120 mg intravenous solution (Monthly)
Celebrex 200 mg capsule (BID)
Wellbutrin XL 300 mg 24 hr tablet, extended release (Daily)
hydroxychloroquine 400 mg tablet (Daily)
levothyroxine 75 mcg capsule (Daily)

PAST MEDICAL HISTORY: lupus, sjogrens syndrome, hypothyroidism, vasculitis, Raynauds.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: SON Faculty. Married. Denies smoking, ETOH or illicit drug use.

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. Sluggish patellar reflexes bilaterally. No vertebral point tenderness. + SLR on left at 30 degrees and at 45 degrees on the right. + FROM of spine.

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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ASSESSMENT:

M54.50 - Low back pain, unspecified (PRIMARY)

PLAN:

Continue prednisone taper as discussed going down by 10mg each day. Continue celebrex for pain. Recommended no lifting for the next 2 weeks, use heating pad and TENS unit. Rx for robaxin at night as needed. Consider referral to PT pending x-ray results. She verbalized understanding.

Referral: EMIC, East Montgomery Imaging Center (Radiology)
No Special Instructions- Referral given in office.

methocarbamol 750 mg tablet

Refills: 0 Qty: 15 TABLET(S)

Instructions: TAKE 1 TABLET (750 MG) BY ORAL ROUTE at bedtime as needed for muscle spasms.

Electronically signed by Lindsey Barton, CRNP on 02/28/23 11:33 AM

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