

Auburn Montgomery Warhawk Health Services

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

Date: 01/26/23

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: low back pain

HISTORY OF PRESENT ILLNESS: Ms. Adams is a 35 yo female here today for low back pain that started Sunday afternoon after she was playing with her 2 yr old niece. She was throwing her up in the air and catching her. Pain is located on left lower back. She rates "3-4/10" currently and "8/10" maximum. Pain is worse today. Worse with sitting and certain movements while standing. Denies radiation of pain. Denies lower extremity pain, numbness, or weakness. She has tried otc tylenol with some relief. No history of back pain until about 3 weeks ago she all the sudden had low back pain but it has since resolved.

VITALS: BP: 126/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 95; **Temp:** 97.9; **Resp:** 16; **Ht:** 66 in.; **Wt:** 214.3 lbs.;
BMI: 34.58; **Pulse Oximetry:** 97%; **FDLMP:** 12/17/22

ALLERGIES: Benzo-Creme ((Rash) or (C/O a rash) (finding))

MEDICATIONS:

Wellbutrin XL 150 mg 24 hr tablet, extended release
Zoloft 50 mg tablet (patient takes 75mg daily.)

PAST MEDICAL HISTORY: Rheumatoid arthritis diagnosed as a child. Anxiety/depression; PCOS.

PAST SURGICAL HISTORY: Gallbladder removed 2016

SOCIAL HISTORY: Does not use tobacco; Does not use recreational drugs; Is Not experiencing unusual stress. Does not exercise regularly; alcohol use (beer and wine) at least weekly.

FAMILY HISTORY:

Mother: Deceased age 42 from a seizure disorder (had a head injury)
Father: Heart disease.
Brother: seizure disorder, major depressive disorder
Maternal Grandmother: Arthritis,

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. + FROM entire spine.

Auburn Montgomery Warhawk Health Services

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

Date: 01/26/23

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 35 Years

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

RESULTS:

UA:

Appearance: clear

Color: yellow

Glucose: Negative

Bill: Negative

Ketones: Positive

Sp: 1.010

Blood: Negative

pH: 6

Protein: Negative

Urobilinogen: Negative

Nitrites: Negative

Leukocytes: Positive

CS: No

Comments: Leuks- 25, ket-15.

ASSESSMENT:

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

PLAN:

Recommended heating pad, TENS unit. Rx as per below. L-spine x-ray. Given referral in office. No heavy lifting more than 10 lbs and limit bending and squatting for the next 2 weeks. Follow up in 2 weeks if no improvement. Given Lumbar exercises pdf from AAOS.

Referral: EMIC, East Montgomery Imaging Center (Radiology)
No Special Instructions

Medrol (Pak) 4 mg tablets in a dose pack
Refills: 0 Qty: 1 PACKET(S)
Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

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

Electronically signed by Lindsey Barton, CRNP on 01/26/23 3:54 PM

Auburn Montgomery Warhawk Health Services

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

Date: 01/26/23

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 35 Years

A handwritten signature in blue ink that reads "J. Barton, CNP". The signature is written in a cursive style with a large initial "J" and a stylized "B".