

FAIRYLAND HOSPITAL  
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**Patient Name:** Trevor ABRAHAMS

**MRN:** Patient ID: 479830

**Date of Birth:** 05/04/1966

**Visit Date:** 05/06/2012

**Surgeon:** Dr John Lincoln

**Referring Physician:** Dr Mary Smith

**Hospital:** Fairyland Hospital

**Insurance:** Blue Cross

**Questionnaires completed online on:** 06/12/2012

**Chief Complaint:** Lower back or leg symptoms

**History of Present Illness:**

Trevor is a 47 year old male presenting with lower back pain reporting 2 prior episodes. The onset was sudden , it started 7-12 months ago and was caused by sporting injury . He describes the pain as spastic/crampy and it is made worse by lying down on belly .

On the VAS pain scale his back pain is 2 out of 10 with the pain being relieved by bending backwards . The pain is 90 % in the back vs 10 % in the leg.

Pain is reported in the left leg which started 7-12 months ago There have been 2 previous episodes of this pain ,caused by sporting injury and is described as spastic/crampy The onset was after trauma or accident, it is made worse by Sports and is getting better . The pain is relieved by changing position .

**ADL and work**

He responded that the pain affected work and daily activities a little bit, and no to being asked if the pain wakes him at night. His job status is full-time, some limitations . He is on workers compensation, litigation is pending .

**Neurological symptoms**

There is numbness/tingling felt in the lower leg .Other symptoms reported are weakness in arms .The weakness has been felt for 6-12 weeks, crutches needed to walk .The symptoms have improved since they started. He states that the overall quality of life has been minimally affected. He can walk 16-30 mins before the pain becomes too severe.

**Interventions/surgery to date**

He has consulted another Dr . Prior surgery details - previous back surgery which was < 6 weeks ago - had no complications. Back surgery was discectomy

Tests done for current problem are: Bone scan Patient stated that they had also had other tests which were: Went to see an Osteopath , it didnt help.

**Medications**

Medications taken regularly are Crestor

Analgesics taken are Non-narcotics (Tylenol, Tramadol, Panadol) the effect being described as a little

**Other treatment tried**

Tried Muscle Relaxer: Yes which helped some

Tried Facet Injections: Yes which helped a lot

**General History**

He is left handed ,weighs 89.00 kgs and is 173.00 cms tall. He has lost weight intentionally in the past year, the amount being 6.00 (kgs) He exercises 5 days a week, main exercise/s being Biking, Walking

**Employment status**

Trevor is employed ,claims to be very satisfied with job which mainly entails frequently lifting objects >20lbs/10kgs .

**Medical History**

He reports experiencing dizziness in the past 6 months,

Medical conditions reported are Bleeding or clotting disorder, Asthma .

Other details reported by patient: My asthma is very bad

He has a history of cancer of Colon/Bowel .

He has previous mental health/psychiatric history and describes mood as normal

He has been to ER in past 12 months, 1-2 months ago and the ER visit not spine related

Hospitalized in past 12 months for Asthma

He has had previous non-spine related surgery, details of which are Removal of appendix

The surgery had complications which were bleeding

**Family details**

He is married with 2 children

**Family history**

Family history of back/neck problems with sister being the affected member.

Father has had previous spine surgery

**Allergies- Medications**

He has medication allergies to Heparin No penicillin allergy , No sulphur allergy , Other antibiotic allergies, NSAIDS allergies , No narcotic allergies

**Other Allergies**

No iodine/shellfish allergies , No latex allergy , Unaware of tape/dressing material allergies , Unaware of metal allergies , Forms keloid/bad scars

**Alcohol/smoking/drug history**

Smokes, smokes ½ -1 packs a day ,is willing to quit

Doesn't dip/chew tobacco

He drinks alcohol, 4-6 drinks per week. Has not been treated for a drinking problem and has been treated for a drug problem

**Vital signs**

**Weight:**89.00

**Height:**173.00

**BMI:**30

**Pulse:**90

**Blood Pressure:**/ 150 90

**Physical Examination**

**Comorbidities**

Cardiac/respiratory Comorbidities: Asthma, Seasonal Allergies

**Constitutional**

Heart Rate: 90

BP-Systolic: 150

BP-Diastolic: 90

Height in cms: 173.00

Weight in kgs: 89.00

Height/Weight source: Reported

Nutrition status: Normal

BMI: 30

Appearance: Conversant, Well Dressed

**Allergy/immunology**

Drug Allergies: Reported

Tape Allergies: Reported

Environmental Allergies: Denied

**Mental**

Mood: Depressed

Mental health status is improving, Orientation: Alert and oriented x 3 (person, place, time)

Eyes: 1(no eye opening)

**ENT**

External inspection: normal ,hearing - normal .

**Eyes**

Conjunctiva is normal , normal droop.

**Skin**

Skin Appearance: normal Palpation: Normal

Observations: Normal Temperature

**Head**

Cranial Nerves intact to examination: Yes

Head status: Normocephalic

**Respiratory/Chest**

Respiratory/Chest- no cough, no shortness of breath, normal palpation

**Abdomen/GI/GU**

Abdomen: nontender

### **Cardiovascular**

Well perfused extremities

Carotid present

### **Cervical Spine**

Skin normal

Paravertebral muscle spasm: None

Tenderness to palpation: None

Range of Motion is unrestricted Movement is painless

Patient cooperation with exam: normal

### **Lumbar Spine**

Examination of the lumbar spine was unremarkable, with no obvious abnormalities. The following tests were performed:

Skin normal

Paravertebral muscle spasm: Bilateral

Tenderness to palpation: Right

Crepitus: Yes

Step-off: yes

Range of Motion is unrestricted ,movement is painful/pain limited

Coronal Balance: Neutral

Sagittal Balance: Neutral

Cooperation with exam: Normal

### **Shoulder/Elbow ROM**

Shoulder Left: Full

Elbow left: Full

### **Signs**

#### **Knee**

Range of Motion Left - Full Right - Full

#### **Hip**

ROM – Left - Full Right - Limited by Stiffness

### **Neurological**

#### **Upper Extremity**

Exam Effort – Left - Good Right - Good

Give way weakness: None

Tone: Normal

Tone: Normal

### **GAIT**

Gait: Stable

**Patient Outcome scores**

Today's Modified Oswestry Disability score is 48 out of 100 (0 = best score)

Today's VR 36 mental score is 62.05 ,Physical score is 47.92