

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