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North Arlington Location 4517 2160 E. Lamar Blvd Arlington, Tx 76006 Phone: 972.988.0441 Fax: 972.641.0054 Center Ops Director: Antonio Richardson Antonio_Richardson@concentra.com			
FAX			
To:	<i>Catherine</i>	From:	<i>NATALIE</i>
Fax:	<i>(952) 767-8740</i>	Pages:	
Phone:		Date:	<i>11/21/16</i>
Re:		cc:	
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Concentra Medical Centers
 2160 E Lamar Blvd ARLINGTON, TX 76008
 Phone: (972) 988-0441 Fax: (972) 541-0054

Transcription

Patient: Lynch, Thomas R. **Service ID # :** 29469482
Soc. Sec. #: XXX-XX-1065 **Referral Q ID:**
Date of Birth: 9/20/1975 **Age:** 41 **Injury Date:** 11/17/2016 **Service Date:** 11/18/2016
Service Location: CMC - DFW Arlington North **Employer:** Employer Solution Group
Diagnosis: S39.012A STRAIN OF MUSCLE, FAS **Dictated By:** LAWRENCE ALEXANDER

Notes:

Reason For Visit

Chief Complaint: The patient presents today with Patient Injured his lower back pulling a large bundle of wire. Self reported. Workers Compensation - Patients
Occupation: Electrician.

Vitals

Vital Signs

Recorded: 18Nov2016 02:59PM

Systolic: 143

Diastolic: 94

Heart Rate: 90

Respiration: 16

Pain Scale: 7

Height: 6 ft

Weight: 290 lb

BMI Calculated: 39.33

BSA Calculated: 2.49

Past Medical History Review

PAST MEDICAL, SOCIAL, FAMILY HISTORY: Non-contributory based on review with patient and/or comprehensive questionnaire except as detailed in the clinical documentation.

History of Present Illness

He injured his lower back yesterday while trying to unbundle a tangled ball of wire. The pain today is a 7/10 and does not radiate. It is located across his lower lumbar area. He says that it hurts to stand, sit or bend. He has put a hot pad on his back last night. NKDA.

He is taking no current meds.

Occupational History

Occupation history was provided by the patient.

Type of job / Job title: Electrician/manager

Major job functions: manage a team of electricians

Length of time at this job is 2 month(s).

Average daily work hours: 12. **Average weekly work hours:** 60.

Expected shift hours today: 530 AM to 530 PM.

The patient has worked overtime recently.

Review of Systems

Dictated By: LAWRENCE ALEXANDER

Dictated On: 11/18/2016 3:40 PM

Concentra Medical Centers
 2180 E Lamar Blvd ARLINGTON, TX 76006
 Phone: (972) 988-0441 Fax: (972) 841-0054

Transcription

Patient:	Lynch, Thomas R.	Service ID # :	29469482
Soc. Sec. #:	XXX-XX-1065	Referral Q ID:	
Date of Birth:	9/20/1975 Age: 41	Injury Date:	11/17/2016 Service Date: 11/18/2016
Service Location:	CMC - DFW Arlington North	Employer:	Employer Solution Group
Diagnosis:	S39.012A STRAIN OF MUSCLE, FAS	Dictated By:	LAWRENCE ALEXANDER

Notes:

Constitutional: no chills, no loss of vision
 ENT: no earache, no nasal congestion and no sore throat.
 Cardiovascular: no chest pain, no palpitations and the heart is not racing.
 Respiratory: no shortness of breath, no cough, not sleeping upright or with extra pillows and no wheezing.
 Gastrointestinal: no heartburn.
 Genitourinary: no dysuria, no urinary frequency and no hematuria.
 Musculoskeletal: joint pain, muscle pain, back pain, joint stiffness and muscle weakness.
 Integumentary: no rashes and no skin lesions.
 Neurological: no seizures.
 Psychiatric: no insomnia.
 Endocrine: no intolerance to hot and cold, no excessive thirst and no excessive urination.
 Hematologic and Lymphatic: no swollen glands.

Physical Exam

Constitutional: well appearing and well nourished.

Head/Face: Normocephalic, atraumatic, and no tenderness.
 Eyes: conjunctiva and lids with no swelling, erythema or discharge.
 ENT: No erythema or edema of the external ears or nose.
 Neck: The neck is supple and symmetric with midline trachea and no masses.
 Pulmonary: no increased work of breathing or signs of respiratory distress.
 Cardiovascular: capillary refill was normal.
 Lumbosacral Spine:
 Appearance with no deformity, no erythema, no ecchymosis and no swelling. level L4, 5 and S1. tenderness in the lumbar spine Palpation: bilateral muscle spasms.ROM: Deferred. Neuro/Vascular: neurovascular function intact. Special Tests: Straight Leg Raise negative.

ASSESSMENT

1. Strain of lumbar region, Initial encounter (847.2) (S39.012A)

Plan

1. Start: Aleve 220 MG Oral Tablet; One or two tablets twice a day as needed for pain
 Rx By: ALEXANDER, LAWRENCE; Dispense: 0 Days ; #:1 X 24 Tablet Bottle; Refill: 0;For: Strain of lumbar region, initial encounter; DAW = N; Record
 2. Start: Cyclobenzaprine HCl 10 MG Oral Tablet; TAKE 1 TABLET AT BEDTIME AS NEEDED

Dictated By: LAWRENCE ALEXANDER

Dictated On: 11/18/2016 3:40 PM

Concentra Medical Centers
 2160 E Lamer Blvd ARLINGTON, TX 76006
 Phone: (972) 988-0441 Fax: (972) 641-0054

Transcription

Patient:	Lynch, Thomas R.	Service ID # :	29469482
Soc. Sec. #:	XXX-XX-1065	Referral Q ID:	
Date of Birth:	9/20/1975 Age: 41	Injury Date:	11/17/2016 Service Date: 11/18/2016
Service Location:	CMC - DFW Arlington North	Employer:	Employer Solution Group
Diagnosis:	S39.012A STRAIN OF MUSCLE, FAS	Dictated By:	LAWRENCE ALEXANDER

Notes:

Rx By: ALEXANDER, LAWRENCE; Dispense: 30 Days ; #:30 Tablet; Refill: 0;For: Strain of lumbar region, initial encounter; DAW = N; Record
 3. Start: TraMADol HCl - 50 MG Oral Tablet (Ultram); TAKE 1 TO 2 TABLETS EVERY 4 TO 6

HOURS AS NEEDED FOR PAIN

Rx By: ALEXANDER, LAWRENCE; Dispense: 4 Days ; #:40 Tablet; Refill: 0;For: Strain of lumbar region, initial encounter; DAW = N; Record

All the patient s medications for this encounter were dispensed in the center except Ultram and Flexeril.

Discussion/Summary

The diagnoses and treatment plan were discussed with the patient. The patient expressed understanding and was told to keep their scheduled appointments for follow-up and/or to return to Concentra.

Activity Status and Restrictions

Treatment Status:

Returning for follow-up: 11/21/16

Activity Status

Return to full work/activity today.

Signatures

Electronically signed by : LAWRENCE ALEXANDER, MD; Nov 18 2016 3:40PM CST - Auth

Dictated By: LAWRENCE ALEXANDER

Dictated On: 11/18/2016 3:40 PM

Last Update: 11/18/2016 15:40:24

Last Updated By: alexanln

Transcription Printed Date: 11/21/2016

r_transcription Page 3 of 3

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Form Revision Date: 11/17/2009

Concentra Medical Centers
 2180 E Lamer Blvd ARLINGTON, TX 76006
 Phone: (972) 888-0441 Fax: (972) 811-0054

Transcription

Patient: Lynch, Thomas R. **Service ID #:** 29470348
Soc. Sec. #: XXX-XX-1065 **Referral Q ID:**
Date of Birth: 9/20/1975 **Age:** 41 **Injury Date:** 11/17/2016 **Service Date:** 11/21/2016
Service Location: CMC - DFW Arlington North **Employer:** Employer Solution Group
Diagnosis: S39.012A STRAIN OF MUSCLE, FAS **Dictated By:** BRADLEY MUSSER

Notes:

Reason For Visit

Chief Complaint: The patient presents today with recheck on low back. pt is still in a lot of pain and unable to walk as well. pt stated that meds made him sick. Self reported. Workers Compensation - Patients Occupation: electrician.

Vitals

Vital Signs

Recorded: 21Nov2016 08:22AM

Systolic: 145

Diastolic: 95

Heart Rate: 105

Respiration: 16

Pain Scale: 6-7/10

Height: 6 ft

Weight: 290 lb

BMI Calculated: 39.33

BSA Calculated: 2.49

Past Medical History Review

PAST MEDICAL, SOCIAL, FAMILY HISTORY: Non-contributory based on review of interval history.

History of Present Illness

Follow up on back pain no changes, no improvement. ultram has been causing some nausea.

Review of Systems

Constitutional: Reviewed and found to be negative.

Head and Face: Reviewed and found to be negative.

Eyes: Reviewed and found to be negative.

ENT: Reviewed and found to be negative.

Respiratory: Reviewed and found to be negative.

Gastrointestinal: Reviewed and found to be negative.

Genitourinary: Reviewed and found to be negative.

Musculoskeletal: back pain, but no joint pain, no muscle pain, no neck pain, no joint swelling, no joint stiffness, no muscle weakness, no limping and no night pain.

Integumentary: Reviewed and found to be negative.

Breasts: Reviewed and found to be negative.

Neurological: Reviewed and found to be negative.

Dictated By: BRADLEY MUSSER

Dictated On: 11/21/2016 9:40 AM

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Transcription

Patient:	Lynch, Thomas R.	Service ID # :	29470348
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Service Location:	CMC - DFW Arlington North	Employer:	Employer Solution Group
Diagnosis:	S39.012A STRAIN OF MUSCLE, FAS	Dictated By:	BRADLEY MUSSER

Notes:

Psychiatric: Reviewed and found to be negative.
 Endocrine: Reviewed and found to be negative.
 Hematologic and Lymphatic: Reviewed and found to be negative.

Physical Exam

Constitutional: well appearing and well nourished.

Head/Face: Normocephalic, atraumatic, and no tenderness.
 Eyes: conjunctiva and lids with no swelling, erythema or discharge.
 ENT: No erythema or edema of the external ears or nose.
 Pulmonary: no increased work of breathing or signs of respiratory distress.
 Lumbosacral Spine:

Appearance with Normal. tenderness in the right paraspinal Palpation: right-sided muscle spasms. ROM: Deferred. Neuro/Vascular: neurovascular function intact.
 Psychiatric: Judgment and insight are normal. oriented to person, place, and time. speech is appropriate in content and delivery. Recent and remote memory is intact. mood and affect are appropriate.

ASSESSMENT

1. Strain of lumbar region, initial encounter (847.2) (S39.012A)

Plan

1. Start: Acetaminophen-Codine 300-30 MG Oral Tablet (Tylenol with Codeine #3);

TAKE 1

TABLET EVERY 4 TO 6 HOURS AS NEEDED FOR PAIN

Rx By: MUSSER, BRADLEY; Dispense: 4 Days ; #:20 Tablet; Refill: 0; For: Strain of lumbar region, initial encounter; DAW = N; Record

2. Physical Therapy Referral Physical Therapy See Referral Comment! Requested for: 21Nov2016

Frequency : 3 x week

Duration : 2 weeks

Therapy Order + Evaluate and Treat

No medications were prescribed or dispensed for this encounter.

Discussion/Summary

Dictated By: BRADLEY MUSSER

Dictated On: 11/21/2016 9:40 AM

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Service Location:	CMC - DFW Arlington North	Employer:	Employer Solution Group
Diagnosis:	S39.012A STRAIN OF MUSCLE, FAS	Dictated By:	BRADLEY MUSSER

Notes:

The diagnoses and treatment plan were discussed with the patient. The patient expressed understanding and was told to keep their scheduled appointments for follow-up and/or to return to Concentra.

Activity Status and Restrictions

Treatment Status:

Returning for follow-up: 10-14 days

Activity Status

Return to modified work/activity today.

Work Duration

Patient may work their entire shift.

Restrictions: KEY - Occasionally = up to 3 hrs/day, Frequently = up to 6 hrs/day,

Constantly = up to 8 hours or greater per day

May lift up to 15 lbs occasionally

May push/pull up to 20 lbs occasionally

May bend occasionally

May stand occasionally

May walk occasionally

Signatures

Electronically signed by : BRADLEY MUSSER, M.D.; Nov 21 2016 9:40AM CST - Author

Dictated By: BRADLEY MUSSER

Dictated On: 11/21/2016 9:40 AM