

Summary Format Options: S.O.A.P. Format

11/25/18

Initial evaluation at _____ Medical Center with Dr. _____, MD.

S: MVA, right neck and right shoulder pain, 7/10

O: Diffuse trapezius tenderness on the right, right cervical paraspinal tenderness

A: 1) Motor vehicle accident 2) Cervical strain 3) Trapezius strain

P: Meds, follow-up

12/5/18

X-rays of the cervical spine at _____.

S:

O: Mild spondylosis deforming of the mid and lower cervical spine

A:

P:

12/6/18

Follow-up with Dr. _____.

S: Unchanged

O: Moderate discomfort with palpation of the right anterior cervical area. Mild to moderate tenderness with palpation of the left anterior cervical area. Palpation of the upper cervical muscles, upper to mid thoracic paraspinals, and right scapular area muscles revealed mild tenderness, spasm. Exam of the upper cervical muscles revealed a trigger point with active pain with radiating pain into the occipital region of skull region.

A: Unchanged

P: Chiropractic modalities were applied. Recommends continued chiropractic treatment, home care.

12/7/18

Follow-up with Dr. _____.

S: Reports "somewhat improved," continued pain with daily activities

O: Unchanged

A: 1) Cervical strain, improving 2) Trapezius strain, improving

P: Chiropractic modalities were applied. Recommends continued chiropractic treatment, pain management consult, home care.

12/10/18

Initial evaluation at _____ Pain Institute with Dr. _____, MD.

S: Neck pain, right upper extremity numbness/tingling, and intermittent low back pain, 4-5/10

O: Restricted cervical ROM, tenderness to palpation in the paracervical area across the cervical segments, as well as in the interscapular/parascapular regions with spasm. On exam of the lumbar spine, there is mild discomfort across the lower lumbar segments, mild tenderness.

A: 1) Cervical sprain/strain, status post MVA, with mechanical neck pain, inter scapular pain, parascapular pain, right upper extremity radicular symptoms. Rule out discogenic pain. 2)

Lumbar sprain/strain, status post MVA, with mechanical lower back pain, improving.

P: Continue conservative modalities, medication, b/l cervical TESI, follow-up after injections.