

**Summary Format Options:**  
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\_\_\_\_\_ **Orthopedic Specialists; Dr. \_\_\_\_\_, MD**

1/08/19 Initial evaluation. Examinee presents with complaints of neck and back pain. On exam, there is a decreased ROM and muscle spasm found in the cervical and lumbar regions. Strength rated at +5/5 at the upper extremities. Diagnosis: 1) Cervical sprain/strain. 2) Lumbar sprain/strain. Recommendations: anti-inflammatories, ice, physical therapy, follow-up.

2/19/19 Follow-up. Examinee presents with improving subjective complaints. On exam, there is an increase in lateral flexion at the cervical spine. Diagnosis is unchanged, improving. Recommendations: MRI cervical and lumbar spine, continue ice, meds, PT, follow-up.

3/19/19 Follow-up. Examinee indicates a resolution of symptoms at his neck and back. On exam, ROM is full, with mild palpatory hypertonicity at the cervical and lumbar paraspinals. Diagnosis: 1) Cervical sprain/strain, resolved. 2) Lumbar sprain/strain, resolved. Recommendations: Maximal medical improvement, return on a PRN basis, continue ice as needed.

\_\_\_\_\_ **Imaging Center**

2/21/19 MRI of the cervical spine. The findings indicated: 1) 2 mm posterior disc bulge at C5-6 with associated mild neural foraminal narrowing. 2) Mild facet arthropathy at C5 and C6.

3/2/19 MRI of the lumbar spine. The findings indicated: 1) Asymmetric 1 mm bulge at L4-5. 2) Mild facet arthropathy at L4-5 and L5-S1.

\_\_\_\_\_ **Chiropractic Center; Dr. \_\_\_\_\_, DC**

1/15/19 Initial evaluation. Examinee presents with complaints of neck, mid back, and low back pain, following a recent MVA. Exam findings indicate +2/2 muscle spasm at the trapezius levator and paraspinals bilaterally. Positive shoulder depression test, positive Yomen's test bilaterally. Diagnosis: 1) Cervical sprain/strain. 2) Cervical subluxation at C5 and C6. 3) Lumbar sprain/strain. 4) Lumbar subluxation at L4-5 and L5-S1. Recommendations: CMT, physiotherapy modalities at 3x/week for 6 weeks.

1/19/19 Follow-up. Examinee presents with some improvement of symptoms. Objective findings are unchanged. Diagnosis is unchanged. Chiropractic modalities were applied. Recommendations: CMT, physiotherapy modalities at 2x/week for 2 weeks.

3/12/19 Follow-up. Final exam. Examinee reports overall improvement in original condition. Exam demonstrates full ROM and no muscle hypertonicity. Diagnosis: 1) Cervical sprain/strain, resolved. 2) Cervical subluxation at C5 and C6, resolved. 3) Lumbar sprain/strain, resolved. 4) Lumbar subluxation at L4-5 and L5-S1, resolved. Recommendations: "Patient has reached a status of Maximal therapeutic benefit. He is released from care and asked to return if his symptoms reoccur."