

Riverside Family Medicine

Patient: Dana Whitlock DOB: 04/12/1979 MRN: SYN-480213

Date of service: 11/15/2022 Provider: Marcus Webb, DO

Visit type: Office visit, established patient

Chief complaint: Low back pain after lifting boxes for two weeks. No numbness or weakness.

History: Pain is worse with bending and better with rest. Has tried heat and over-the-counter acetaminophen with partial relief.

Family history: mother with type 2 diabetes; father with coronary artery disease.

Assessment: low back pain (lumbago).

Plan: Start cyclobenzaprine 5 mg by mouth at bedtime as needed. Home exercise sheet given.

Return if not improving.

Electronically signed by Marcus Webb, DO on 11/16/2022

Riverside Family Medicine

Patient: Dana Whitlock DOB: 04/12/1979 MRN: SYN-480213

Date of service: 07/22/2023 Provider: Marcus Webb, DO

Visit type: Annual preventive visit

Chief complaint: Annual physical. Feels well. Exercises twice a week.

Exam: Blood pressure 146/92 on two readings. BMI 27.8. Screening labs reviewed.

Assessment: Hyperlipidemia.

Plan: Start atorvastatin 20 mg by mouth at bedtime. Recheck in three months.

Electronically signed by Marcus Webb, DO on 07/23/2023

Riverside Family Medicine

Patient: Dana Whitlock DOB: 04/12/1979 MRN: SYN-480213

Date of service: March 11, 2024 Provider: Marcus Webb, DO

Visit type: Office visit, follow-up after injury

History: Seen at Mercy County Hospital emergency department on 03/08/2024 after a rear-end motor vehicle collision.

Continues to have low back pain radiating to the left leg and right shoulder pain and weakness lifting the arm. Sleep is poor.

Plan: Discussed MRI; will defer imaging until after a trial of therapy.

Refer to Harbor Physical Therapy, 2 to 3 visits a week.

Refer to Cascade Orthopedics & Spine if not improving in four weeks.

Electronically signed by Marcus Webb, DO on 03/11/2024

Mercy County Hospital - Emergency Department

Patient: Dana Whitlock DOB: 04/12/1979 MRN: SYN-480213

Date of service: 03/08/2024 Provider: Tomas Reyes, MD

Visit type: Emergency department visit

Chief complaint: Low back pain radiating to the left leg and right shoulder pain and weakness lifting the arm after a rear-end motor vehicle collision today.

HPI: Patient reports onset of pain immediately after the rear-end motor vehicle collision.

Denies loss of consciousness. Denies prior injury to the low back.

Imaging: X-ray of the lumbar spine: No fracture. Mild degenerative change at L5-S1.

Imaging: X-ray of the right shoulder: No fracture or dislocation.

Diagnoses: lumbar strain; right shoulder sprain.

Disposition: Ibuprofen 800 mg by mouth every 8 hours as needed. Ice. Follow up with primary care in 3 to 5 days.

Electronically signed by Tomas Reyes, MD on 03/08/2024

Riverside Family Medicine

Patient: Dana Whitlock DOB: 04/12/1979 MRN: SYN-480213

Date of service: 11/10/2024 Provider: Marcus Webb, DO

Visit type: Office visit, follow-up

History: Follow-up of low back and right shoulder pain. Completed physical therapy. Reports pain 3/10 most days.

Plan: Continue home exercises. Return as needed.

Electronically signed by Marcus Webb, DO on 11/10/2024