

KAISER PERMANENTE STK-WEST LANE
7373 WEST LANE
STOCKTON, CA 95210-3377

ANDERSON, TIFFANY K
MRN: 110007897964
DOB: 8/22/1970, Sex: F
Enc. Date: 07/26/07

Progress Notes (continued)

LDL CALC 131 07/15/2006

X-ray: Done in the Chiropractor's office one year ago -patient will bring in the films.
MRI: Not done

PHYSICAL EXAMINATION:

Vital signs: BP 128/79 | Pulse 78 | Temp (Src) 98.3 °F (36.8 °C) | Ht 5' 4" | Wt 145 lbs (65.772 kg)

General: Pleasant female in no apparent distress. Anxious.

Alert and oriented x 3

SPEECH: Fluent English

SENSORY : Intact light touch BUE / BLE.

DTR: 1/4 BUE / BLE. (patient very tense even with reinforcement) No Ankle clonus.

Hoffman's sign: Absent bilaterally

Babinski sign: Downgoing bilaterally

MOTOR:

B/L: Shoulder / Elbow / Wrist / Hand: 5/5

Hip: Flexion - Left 5/5; Right 5/5

Extension - Left 5/5; Right 5/5

Adduction - Left 5/5; Right 5/5

Abduction - Left 5/5; Right 5/5

Knee: Flexion - Left 5/5; Right 5/5

Extension - Left 5/5; Right 5/5

Ankle: PF - Left 5/5; Right 5/5

DF - Left 5/5; Right 5/5

Inversion - Left 5/5; Right 5/5

Eversion - Left 5/5; Right 5/5

EHL: Left 5/5; Right 5/5

RANGE OF MOTION:

B/L Shoulder / Elbow / Wrist / Fingers: Within functional limits.

Neck: WFL

B/L Hips: WFL

B/L Knees: WFL

B/L Ankles: WFL

Low back: WFL

PALPATION: Local tenderness to palpation : Present over both rhomboids, right trapezius and right cervical paraspinals.

PULSES: 2+ B/L dorsalis pedis.

MUSCLE BULK: No obvious atrophy BUE/BLE

TONE: Symmetric BUE / BLE

GAIT: Within normal limits. Patient is able to toe and heel walk.

Posture: Stooped, with protracted shoulders.

PROVOCATIVE TESTS:

Spurling's test: Negative bilaterally

Cervical distraction test: Negative bilaterally

Lhermitte's sign: Negative

Tinel's test: Negative bilaterally

Phalen's test: Negative bilaterally

IMPRESSION:

36 Y year old patient with neck pain. Clinical examination and lab results are suggestive of myofascial pain syndrome. Patient has multiple emotional stressors but does not want to be referred to mental health clinic due to a prior experience she claims was not pleasant.