

XXXXXXX - PAIN AND SUFFERING CHART WITH DETAILS ON INTAKE OF PAIN MEDICATIONS					
S.NO	DATE	PAIN/SUFFERING	PAIN SCALE/10	MEDICATION/TREATMENT	PDF REF
1	11/05/2022	Low back pain, bilateral knee and bilateral ankle Low back strain Muscle strain of right lower extremity	N/A	Patient will be discharged with plan for Motrin Tylenol for pain, and will be given a prescription for Lidoderm patches. Patient will be recommended to follow-up with her employer's occupational health provider.	25-28
2	11/14/2022	Bilateral breast cysts Chronic pain Acute midline back pain". Genital herpes simplex Intractable episodic headache	Back Bilateral shoulder Occiput and radiates up and over head to forehead - 9/10	Referral to Physical Therapy: General Duloxetine (Cymbalta) 60 mg. Vvalacyclovir (Valtrex) 500 mg. MRI Brain Without Contrast E-Consult to Adult Neurology.	104-107
3	11/30/2022	Numbness to leg Body Head Status post an elevator malfunctioning	N/A	She needs an entire body MRI head neck and back because she has symptoms throughout her body and this needs to be fully investigated.	108-110
4	12/02/2022	Pain right neck radiates to right shoulder Status post elevator accident Trapezius spasm	N/A	Advised light, massage, heat, Tylenol Discussed with her she needs to follow up with Neuro to better assess her symptoms I did review her head, neck and lumbar MRI. Advised her not to drive.	110-112
5	12/09/2022	Intractable episodic headache	N/A	Ibuprofen 800, lido ointment, Duloxetine 60, Gabapentin PRN. Amitriptyline (Elavil) 10 mg.	118-120
6	12/14/2022	Mild intermittent headache Status post elevator accident 1 month prior with concussive-like syndrome	N/A	Plan for generalized labs, HCG, assess for electrolyte abnormalities and overt organ failure Plan for neurology consult	122-126
7	12/14/2022	Intermittent headache that originates in the neck and moves forward across entire head Constant room-spinning dizziness for the past week in the setting of a concussive-like event	N/A	Vestibular PT would be reasonable Consults by Taha Fathima Khan, MD, MPH at 12/14/2022 5:00 PM (continued) continue Zofran PRN per primary team for nausea increase amitriptyline to 25mg at bedtime follow up in TBI clinic Defer level of care and other medical work-up to the primary team. Neurology will sign off.	127-133
8	01/11/2023	Post-concussion syndrome	N/A	Follow-up 1 month	141-142
9	02/10/2023	Post-concussion syndrome Macrocytosis	N/A	Continued follow up with OT and neuro Unclear time course for patient's recovery FMLA forms filled out and returned to patient At this time patient is unable to return to work.	153-155
10	02/22/2023	Post-concussion syndrome. Vestibular dizziness. Chronic daily headache Macrocytosis	N/A	Plan to refer to ENT for further vestibular assessment. Patient to discontinue Meclizine and start Zyrtec 10mg daily for dizziness and vertigo. Continue Amitriptyline 25mg HS	164-165

11	12/05/2022-05/04/2023	Right neck, Mid, lower Back Acute midline back pain Major depressive disorder, recurrent episode, moderate Chronic tension-type headache, intractable Migraine without aura and without status migrainosus, not intractable Chronic pain Stressful job Work related injury Anxiety state Post-concussion syndrome	2-10/10	Therapeutic activity, manual therapy. neuromuscular re-education. therapeutic exercises, self-care/home management, hot/cold packs.	1285-1292, 1257-1267, 1209-1216, 133-141, 1194-1208, 1170-1177, 1157-1165, 155-158, 161-167, 1192-949-951, 1194, 177-182, 186-189, 191-194, 960-967, 905-923, 927-938
12	11/15/2022-05/08/2023	Acute traumatic stress disorder Post-traumatic stress disorder	N/A	Psychotherapy	1718-1723
13	05/15/2023	Dizziness Post-concussion syndrome Tendency to fall Jaw clicking History of migraine History of major depressive disorder History of anxiety History of headache History of fibromyalgia	N/A	Refrain from taking sedative medications, including meclizine and clonazepam, and alcohol for 2 days prior to tests Continue vestibular rehabilitation therapy Follow up with me after complete vestibular function tests Send letter to primary care provider and Dr. Tosches in Neurology.	880-898
14	05/24/2023	Head, right neck, low back Concussion sequela Dizziness and vertigo	N/A	Trial of diclofenac bid for arthritic neck pain. Tizanidine 2mg tid for muscle tension headaches. Recommended to have complete vestibular function testing by ENT. Meds reviewed with patient. Follow up 2 months	871-876
15	02/08/2023-06/27/2023	Neck, Back Impaired instrumental activities of daily living	8/10	Tylenol and Ibuprofen Therapeutic activity, therapeutic exercises, manual therapy, gait training therapy, neuromuscular re-education, self-care/home management, electrical stimulation, ultrasound therapy, hot/cold packs.	159-161, 860-870, 857-860, 968-976, 170-177, 182-186, 977-985, 939-945, 952-959, 834-839
16	07/10/2023	Fast saccadic movements (not nystagmus)	N/A	Follow-up with ORL	799-810
17	07/11/2023	TBI and central vestibulopathy	N/A	She will discuss with vestibular rehab Patient has a follow up with a new Neurologist next week. They might consider changing medicines or increasing frequency of Klonopin or possibly trying Tegretol etol if more OD a neuropathy or some other medication.	778-79
18	09/01/2023	Back, Knee Difficulty cooking, doing her own laundry and taking her child to school. Dizziness and frequent fatigue.	N/A	She should be encouraged to use memory aids on a daily basis and to break tasks down into meaningful units to reduce the amount of stress experienced in complex tasks.	700-710
19	10/06/2023	Head	N/A	No speech therapy yet --refer PT for neck not done yet -- refer Consider pain clinic later Will keep headache journal Amitriptyline to 50 Tizanidine Modafinil	659-667

20	10/23/2023	Post-concussion syndrome Rash Elevated blood-pressure reading without diagnosis of hypertension Sore throat Need for vaccination	N/A	Await neuro psych evaluation. AMB e-Consult to Derm (Immed Avail- 72 Hr Response) Advised will continue to follow Influenza vaccine (Fluzone QUAD MDV) intramuscular injection (0.5 mL dose. 3 years and older)	659-667
21	08/16/2023- 12/01/2023	Neck pain, R sided neck pain, feels stiffness in the neck Joint disorder Chronic pain Post-concussion syndrome Muscle tension headache	Neck: 5-8/10	Therapeutic activity, therapeutic exercises, manual therapy, gait training therapy, neuromuscular re-education, self-care/home management, electrical stimulation, ultrasound therapy, hot/cold packs.	586-594, 668-680, 711-718, 568-580, 692-699, 651-658, 599-607
22	01/23/2024	Neck Low back	N/A	PT, SLP Consider pain clinic later; referred to PT again for Lumbar 2x week she is going to see a therapist for anxiety and depression Will keep headache journal Previously increased amitriptyline to 50 at bedtime rbse discussed Tizanidine bid she will continue Modafinil for cognition, chronic fatigue	500-513
23	02/14/2024	Head Back Chronic tension-type headache, intractable Post-concussion syndrome Elevated blood-pressure reading without diagnosis of hypertension Encounter for screening for malignant neoplasm of breast	N/A	Continue lifestyle changes and stress reduction Comprehensive Metabolic Panel HIV-1/2 AG/AB Initial Screening	472-491
24	02/21/2024	Numbness in leg Neck Head Post concussive syndrome	Back as well as the front - 10/10	Recommend psych. Patient gets that care OSH Discussed physical and mental rest at length Discussed modification of activities to reduce exacerbation of symptoms Report any worsening symptoms Continue PRN Advil or Tylenol Recommend melatonin 1mg at bedtimes	1610-1620
25	03/01/2024	Bilateral knee Myalgias and diffuse stiffness	N/A	Check SSA/SSB Agree with continuing Cymbalta and amitriptyline which may help with both mood and pain symptoms Encourage regular low-impact exercise Reassurance provided with regard to mild inflammatory marker elevations Return to clinic on an as-needed basis Voltaren	430-459
26	03/29/2024	Neck, shoulder, and back pain	Neck and occiput: 7-8/10	Trial of physical therapy within the last six month At home physician directed exercise program for six weeks within last six months has not been successful and patient pain continues to affect daily life activities despite such exercises. Ice, heat, pain medications including NSAIDS and acetaminophen, muscle relaxers, and neuropathic pain agents	390-400

27	04/30/2024	Bilateral greater and lesser occipital neuralgia, myofascial pain syndrome cervical	N/A	Bilateral greater and lesser occipital nerve blocks Trigger point injections bilateral trapezius muscle.	328
28	07/05/2024	Neck Occipital head Bilateral shoulders Chronic neck pain and occipital headaches	8/10	Patient has agreed to at-home exercise plan and continues program as directed. Plan for bilateral occipital nerve blocks and bilateral trapezius trigger point injections.	271-280
29	04/02/2024-08/08/2024	Head Neck R sided upper trap up neck Cervicogenic dysfunction Photosensitivity Motion sensitivity Impaired balance ADL, balance, endurance, gait, gaze stability, pain and associated symptoms, strength, ROM Vertigo Displaced otoconia	Neck: 7/10 Head: 0/10	Gait training, neuromuscular re-education, patient/caregiver education, therapeutic activities, therapeutic exercise, vestibular training: compensation, adaptation, habituation, canalith repositioning as needed	1471-1477, 1484-1490, 1529-1540, 1507-1513, 1498-1504, 1466
30	12/13/2023-08/15/2024	Cognitive communication disorder Post concussive syndrome	N/A	Evaluation of speech sound production (eg, articulation, phonological process, apraxia, dysarthria), with evaluation of language comprehension and expression (eg, receptive and expressive language)	1451-1456, 1458-1465, 1467-1470, 1478, 1481-1482, 1491-1497, 1505, 1514-1528, 1541-1548, 1551-1557, 1570-1609, 1624-1668