

Orthopedic Examination

Patient Information

Name: Timothy Reynolds

Date of Birth: 06/15/1985

Gender: Male Female Other:

Date of Examination: 02/22/2024

Referring Physician (if any): Dr. Sarah Martin

Reason for Referral / Visit: Persistent lower back pain

Medical History

Presenting Complaints:

Lower back pain worsening over 6 months, difficulty bending, occasional numbness in legs

Duration of Symptoms: 6 months

Prior Injuries: None reported

Previous Surgeries: Appendectomy, 2010

Relevant Medical Conditions: Hypertension

Medications: Lisinopril 10 mg daily

Allergies: No known allergies

Family History: Father with history of osteoarthritis

Physical Examination

Observation

Posture: Slight lean forward, avoidance of straight posture

Gait Analysis: Guarded walk, favoring the right side

Skin: No bruising or scars noted in the lower back area

Palpation

Are(s) of Tenderness: Paraspinal muscle tenderness in the lumbar region

Swelling / Edema: None observed

Warmth / Redness: No warmth or redness

Range of Motion (ROM)

Active ROM: Limited lumbar flexion due to pain

Passive ROM: Lumbar extension limited by 15 degrees

Limitations or Pain during ROM: Pain during lumbar flexion and extension

Orthopaedic Physical Examination

Mike Jess



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