

### Narrative summary

#### Motor Vehicle Collision on November 02, YYYY

On November 02, YYYY, XXXX, a X-year-old female who was the restrained driver of her vehicle that involved in a motor vehicle collision where struck by home appliance that fell from small home built trailer. XXX Police Department were arrived at the collision place and made a report.

On November 03, YYYY, XXXX was examined by XXX, PA-C, and XXX, M.D., at the emergency department of XX Medical Center XX for evaluation of her injuries sustained in the collision. She stated that she was the restrained driver of her vehicle that involved in a motor vehicle collision where struck by a refrigerator that fell from small home built trailer. She was able to get out and walk after the incident. She complained of neck and upper back pain. On examination, she had tenderness to palpation over her bilateral trapezius muscles. Administered Ketorolac 30 mg. She was diagnosed with acute neck muscle strain and lumbar region strain. She was prescribed Acetaminophen 1000 mg, Flexeril 10 mg and Ibuprofen 800 mg. She was advised to apply ice and heat. She was advised to follow stretch exercise. She was hemodynamically stable and discharged to home.

On November 18, YYYY, XXXXX presented to XXX, M.D., at the Pain Rehabilitation Associates for evaluation of her injuries sustained in the collision. She stated that she was the restrained driver of her vehicle that involved in a motor vehicle collision on November 02, YYYY where struck by a refrigerator that fell from small home built trailer. She complained of neck, left shoulder and upper back pain. She also complained of intermittent headaches, difficulty in concentration. She relayed her pain level as 10/10. She described her pain as stabbing, aching, throbbing, shooting and severe. Her pain got interfered with all the activities that included sitting, standing, walking, and lying down. Her pain got relieved by changing position. She also had panic attacks and flash backs due to her accident. On examination, it was noted that she had been distressed. She had tenderness to palpation in her bilateral cervical paraspinal musculature, upper trapezii. The physician conducted orthopaedic test like Spurling's test and Mild forward head test which was positive. She had restricted range of motion in her cervical and thoracic region. She was diagnosed with bilateral cervical/thoracic/lumbar strain/sprain, left shoulder strain/bursitis, posttraumatic headaches/stress disorder, functional limitations, and insomnia. She was prescribed Tizanidine 4 mg. She was advised to use heat and home exercise program. She was recommended to undergo physical therapy. She was advised to remain off from her work. She was recommended to proceed with left shoulder injection.

On November 29, YYYY, XXXX presented to XXX, M.D., at the Pain Rehabilitation Associates for evaluation of her injuries sustained in the collision. She complained of pain in her neck, left shoulder and upper back. She stated that she missed her physical therapy appointment since she did not know to schedule appointment. She had been very anxious and had panic attacks. She had been getting fear to be in her car. She also complained of intermittent headaches, difficulty in concentration. She relayed her pain level as 9-10/10. She described her pain as stabbing, aching, throbbing, shooting and severe. On examination, she had tenderness to palpation in her bilateral cervical paraspinal musculature, upper trapezii. She had restricted range of motion in her cervical and thoracic region. She was diagnosed with bilateral cervical/thoracic/lumbar strain/sprain, left shoulder strain/bursitis, posttraumatic headaches/stress disorder, functional limitations, and insomnia. Administred Kenalog 4 mg. She was prescribed Tizanidine 4 mg and Vitamin D. She was advised to use ice and home exercise program. She was recommended to continue her physical therapy. She was advised to remain off from her work.

On December 02, YYYY, XXXX presented at the Pain Rehabilitation Associates for evaluation of her injuries sustained in the collision. She complained of neck pain which reported as 7-8/10; Mid back pain as reported as 7-8/10; Lower back pain which reported as 7-8/10; Left shoulder pain which reported as 7-8/10; Headache which reported as 7-8/10. She described her pain as ache, shooting and intermittent. Her pain got relieved by physical therapy and home exercise program. On examination, she had tenderness to palpation in her biceps tendon, bursa, AC joint. She had limited range of motion in her left shoulder. She was diagnosed with cervical/thoracic/lumbar /left shoulder strain and headaches. She was prescribed Tizanidine, Tramadol 50 mg. She was recommended to continue her physical therapy and home exercise program. She was recommended to obtain left shoulder X-rays. She was advised to follow-up on December 06, YYYY.

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