Clinical Progress Notes

Patient information	
First name: Emily	Last name: Wilson
Date of birth: 05/15/1980	Patient ID: ET198005

Date/Time	Note
October 2, 2024	Patient reports persistent lower back pain, rating it 6/10 on pain scale. Describes pain as "dull ache" that worsens with prolonged sitting. No new symptoms reported. Sleep disturbed due to discomfort.
	Vital signs: BP 128/82, HR 72, RR 16, Temp 98.6°F Physical exam: Tenderness noted in lumbar region. Range of motion slightly limited. No visible bruising or swelling. Straight leg raise test negative bilaterally.
	Chronic lower back pain, possibly due to muscle strain or early degenerative changes. Current pain management regimen providing partial relief.
	Continue current pain medication regimen: Naproxen 500mg BID Refer to physical therapy for strengthening exercises and posture improvement Recommend heat therapy and gentle stretching at home Follow up in 4 weeks or sooner if symptoms worsen Discussed red flag symptoms to watch for: numbness, tingling, loss of bladder/bowel control

Clinician name:	Dr. Sarah Martinez
Designation:	Family Medicine Physician
Signature:	**Dr. Sarah Martinez**