Pain Management Treatment

Patient information	
Name: Jessica Taylor	**Date of birth:** August 12, 1985
Gender: Female	**Date of assessment:** Jun 17, 2025
Medical history:	
Chronic lower back pain for 6 years, fibromyalgia diagnosed in 2022, history of anxiety and insomnia, no known drug allergies.	
Primary care physician: Dr. Linda Graves, MD	
Insurance information (if applicable): Blue Cross Blue Shield – PPO Plan #843920384	
Pain assessment	
Type of pain: Chronic, neuropathic	
Location of pain: Lower back, radiating to left leg	
Severity of pain: 7/10 on average, spikes to 9/10 during flare-ups	
Duration of pain: Persistent for 6 years, worsened over the last 12 months	
Treatment plan	
I. Medications	**II. Therapy**
a. Pain relievers:	a. Physical therapy:
Acetaminophen 500 mg PRN (max 3g/day)	2x/week targeted lumbar strengthening and flexibility exercises
b. Nerve pain medications:	b. Occupational therapy:
Gabapentin 300 mg TID	Adaptive strategies for daily activity pacing and posture
c. Other medications:	c. Psychological therapy:
Cyclobenzaprine 5 mg at bedtime for muscle spasms	Weekly cognitive behavioral therapy (CBT) for pain coping

Lifestyle modifications
I. Exercise:
Low-impact exercises (walking, aquatic therapy, yoga) at least 4x/week
II. Dietary changes:
Anti-inflammatory diet; reduction of processed foods and sugar
III. Stress management:
Daily mindfulness practice, guided meditation apps, journaling
Interventions
I. Nerve blocks:
Lumbar medial branch block – completed 05/28/2025
II. Epidural injections:
Planned L4-L5 epidural steroid injection – scheduled 06/30/2025
III. Other procedures:
None indicated at this time
Follow-up plan
Next appointment: 07/01/2025 with Pain Management Specialist
Monitoring symptoms:
Pain diary to track intensity, triggers, and relief methods; monthly reassessment using the Brief Pain Inventory (BPI)
Healthcare professional information

Name: Dr. Marcus Elman, DO	**License ID:** TX-178392
Signature: M. Elman	**Date:** June 17, 2025