

Chronology of medical records

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- 60 pages read, 60 rows, 59 of them with a date.
- Dated records run from 2025-01-14 to 2026-01-13.
- 1 gap longer than 60 days with no record: 2025-06-03 → 2025-11-18 (168).
- Pages with medical content but no date: 35.
- Pages with no medical entry (cover sheets, blank or administrative pages): 1, 36, 60.

Chronology

Date	Provider / facility	Type	Findings (as written)	Diagnoses	Medications	Source page
2025-01-14	Springfield General Hospital	visit	Patient presents with neck pain and headache after a motor vehicle collision. Reports immediate posterior neck pain, 7/10, worse with rotation, and a dull occipital headache.		Albuterol inhaler as needed	p. 2
2025-01-14	Springfield General Hospital	visit	Midline cervical tenderness absent; bilateral paraspinal tenderness C3 to C7 with muscle spasm. Range of motion limited by pain in rotation and extension.	Acute cervical strain (whiplash), S13.4XXA; Post-traumatic headache, G44.309		p. 3
2025-01-14	Carlos Mendes, MD · Springfield General Hospital	visit	Discharged home in stable condition at 11:15. Soft collar not recommended; follow up with primary care in 1 week.		Cyclobenzaprine 5 mg; Ibuprofen 600 mg	p. 4
2025-01-14	Priya Natarajan, MD · Springfield General Hospital	imaging	XR Cervical Spine, 3 views showed no acute fracture. Straightening/loss of lordosis, likely spasm, and mild degenerative change at C5-C6.			p. 5
2025-01-14	C. Mendes · Maple Pharmacy #112	medication	Prescription fill history records Cyclobenzaprine 5 mg tab (Qty 15) and Ibuprofen 600 mg tab (Qty 28).		Cyclobenzaprine 5 mg tab; Ibuprofen 600 mg tab	p. 40

Date	Provider / facility	Type	Findings (as written)	Diagnoses	Medications	Source page
2025-01-14	Springfield General Hospital Emergency Department	other	Itemized billing statement for ED visit level 4 (99284) and XR cervical spine 3 views (72040).			p. 59
2025-01-21	Dr. Helen Park, MD · Riverside Family Practice	visit	Follow-up after ED visit on 01/14/2025 with persistent neck pain at 6/10 after a rear-end collision. Paraspinal tenderness C4 to C7, neurologically intact, Spurling test negative.			p. 6
2025-01-21	Dr. Helen Park, MD · Riverside Family Practice	visit	Cervical strain with myofascial pain, improving slowly. Post-traumatic headache.	Cervical strain with myofascial pain; Post-traumatic headache	ibuprofen 600 mg; cyclobenzaprine	p. 7
2025-01-28	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Physical Therapy Initial Evaluation. Subjective pain 6/10 at rest, 8/10 with computer work over 30 minutes, with Neck Disability Index 42%.	cervical strain S13.4XXA		p. 8
2025-01-28	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Cervical rotation 50 / 55 degrees, extension 30 degrees with pain. Forward head posture, bilateral upper trapezius and levator scapulae hypertonicity, and deep neck flexor endurance 12 seconds.			p. 9
2025-01-28	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Plan of care: manual therapy, therapeutic exercise, posture training and home exercise program, 2 times a week for 6 weeks. Goals include rotation over 70 degrees, NDI below 20%, sit at computer 60 minutes with pain under 3/10.			p. 10
2025-01-30	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 6/10 today with headache twice since last visit. Cervical rotation 52 degrees bilaterally; tolerated treatment well.			p. 13
2025-02-04	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 6/10 today; slept better. Cervical rotation 54 degrees bilaterally; tolerated treatment well.			p. 14
2025-02-06	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 6/10 today, stiff after a long drive. Cervical rotation 56 degrees bilaterally; tolerated treatment well.			p. 15
2025-02-11	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 5/10 today with right forearm tingling with computer use. Cervical rotation 58 degrees bilaterally; tolerated treatment well.			p. 16

Date	Provider / facility	Type	Findings (as written)	Diagnoses	Medications	Source page
2025-02-13	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Physical Therapy Daily Note, visit 6 of 12. Pain 5/10 with headache twice since last visit; cervical rotation 60 degrees bilaterally and tolerated treatment well.			p. 17
2025-02-18	City Imaging Center	imaging	C4-C5: mild disc bulge, no stenosis. C5-C6: small right paracentral disc protrusion contacting the ventral cord without cord signal change, mild right foraminal narrowing.			p. 11
2025-02-18	Daniel Levin, MD, Neuroradiology · City Imaging Center	imaging	Small right paracentral disc protrusion at C5-C6 with mild right foraminal narrowing, which may correlate with right C6 symptoms. No fracture or ligament injury.			p. 12
2025-02-20	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 5/10 today; slept better. Cervical rotation 62 degrees bilaterally; tolerated treatment well.			p. 18
2025-02-25	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 4/10 today; stiff after a long drive. Cervical rotation 64 degrees bilaterally; tolerated treatment well.			p. 19
2025-02-27	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 4/10 today with right forearm tingling with computer use. Cervical rotation 66 degrees bilaterally, and tolerated treatment well.			p. 20
2025-03-04	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 4/10 today; headache twice since last visit. Cervical rotation 68 degrees bilaterally; tolerated treatment well.			p. 21
2025-03-05	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Orthopedic spine consultation for neck pain and right arm paresthesia after MVC on 01/14/2025, with MRI showing C5-C6 protrusion. Reports six weeks of physical therapy with partial improvement and intermittent tingling into the right thumb and index finger.			p. 25
2025-03-05	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Spurling test positive on the right reproducing thumb paresthesia, and sensation slightly decreased in the right C6 dermatome. Reviewed MRI 02/18/2025 showing right paracentral C5-C6 disc protrusion with mild foraminal narrowing.			p. 26
2025-03-05	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Plan to continue physical therapy 4 more weeks and referral to pain management for right C5-C6 epidural steroid injection. Recommended desk duty with breaks every 45 minutes.	Right C6 radiculopathy secondary to C5-C6 disc protrusion, M54.12; Cervical strain	Gabapentin 300 mg at night, increase to twice daily after one week if tolerated	p. 27

Date	Provider / facility	Type	Findings (as written)	Diagnoses	Medications	Source page
2025-03-05	Valley Clinical Laboratories	lab	Glucose, fasting was elevated at 104 mg/dL. WBC 7.2 x10 ³ /uL, Hemoglobin 12.9 g/dL, Platelets 262 x10 ³ /uL, Sodium 139 mmol/L, Potassium 4.1 mmol/L, Creatinine 0.78 mg/dL, eGFR 96 mL/min/1.73m ² , ALT 22 U/L, and AST 19 U/L.			p. 28
2025-03-06	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 3/10 today; slept better. Cervical rotation 70 degrees bilaterally and tolerated treatment well.			p. 22
2025-03-06	S. Okoye · Maple Pharmacy #112	medication	Prescription fill history records Gabapentin 300 mg cap (Qty 60).		Gabapentin 300 mg cap	p. 40
2025-03-11	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 3/10 today, stiff after a long drive. Cervical rotation 72 degrees bilaterally; tolerated treatment well.			p. 23
2025-03-13	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 3/10 today with right forearm tingling with computer use. Cervical rotation 74 degrees bilaterally, and tolerated treatment well.			p. 24
2025-04-07	S. Okoye · Maple Pharmacy #112	medication	Prescription fill history records Gabapentin 300 mg cap (Qty 60).		Gabapentin 300 mg cap	p. 40
2025-04-10	Dr. Aisha Rahman, MD · Springfield Pain & Spine Center	procedure	Right C6-C7 interlaminar epidural steroid injection under fluoroscopic guidance using loss of resistance technique. Contrast spread confirmed in the epidural space.	Right C6 radiculopathy; C5-C6 disc protrusion	dexamethasone 10 mg; preservative-free saline 2 mL	p. 29
2025-04-10	Dr. Aisha Rahman, MD · Springfield Pain & Spine Center	procedure	Patient tolerated the procedure well with no complications. Pre-procedure pain was 6/10 and post-procedure pain was 2/10.			p. 30
2025-05-20	Dr. Helen Park, MD · Riverside Family Practice	visit	Epidural injection on 04/10/2025 helped about 60%, with tingling now only after long drives and back to full duty since 05/01/2025. Rotation 70 degrees bilaterally, Spurling negative, and strength 5/5.			p. 31
2025-05-20	Helen Park, MD · Riverside Family Practice	visit	Cervical radiculopathy, improving after injection. Continue home exercises.	Cervical radiculopathy	Gabapentin 300 mg at night only	p. 32
2025-05-21	H. Park · Maple Pharmacy #112	medication	Gabapentin 300 mg cap filled, quantity 30.		Gabapentin 300 mg cap	p. 41

Date	Provider / facility	Type	Findings (as written)	Diagnoses	Medications	Source page
2025-06-03	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Improved after epidural injection, with occasional neck pain 3/10 at the end of the work day. Examination showed full strength, Spurling negative, and sensation intact.			p. 33
2025-06-03	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Discharged from active orthopedic care. Maximum medical improvement not yet reached; re-evaluate in 6 months.			p. 34
Gap: no record between 2025-06-03 and 2025-11-18 (168 days)						
2025-11-18	Dr. Helen Park, MD · Riverside Family Practice	visit	Neck pain returned in October, 5/10, with right arm tingling again for two weeks. Rotation 55 degrees right, 65 left, Spurling positive on the right, and grip 4+/5 right.			p. 37
2025-11-18	Dr. Helen Park, MD · Riverside Family Practice	visit	Assessment noted recurrent right C6 radiculopathy. Plan to restart physical therapy, repeat orthopedic evaluation, and consider repeat MRI if no improvement in 6 weeks.	Recurrent right C6 radiculopathy	Gabapentin 300 mg twice daily	p. 38
2025-11-18	H. Park · Maple Pharmacy #112	medication	Gabapentin 300 mg cap filled, quantity 60.		Gabapentin 300 mg cap	p. 41
2025-11-25	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 5/10. Tingling in the right thumb in the morning.			p. 42
2025-11-27	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 5/10, better after last session. Treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, scapular stabilization.			p. 43
2025-12-02	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	letter	Patient has been under care since 03/05/2025 for right C6 radiculopathy following a motor vehicle collision on 01/14/2025, with symptoms recurring in October 2025. She may work with restrictions until re-evaluation on 01/13/2026: no lifting over 20 lb, no overhead work, and a 10-minute break every hour of computer work.	right C6 radiculopathy		p. 39
2025-12-02	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Physical Therapy Daily Note, second episode, visit 3. Pain 5/10 with headache yesterday; treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, and scapular stabilization.			p. 44
2025-12-04	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 4/10, with tingling in the right thumb in the morning. Treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, scapular stabilization.			p. 45

Date	Provider / facility	Type	Findings (as written)	Diagnoses	Medications	Source page
2025-12-09	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 4/10, reported better after last session. Treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, and scapular stabilization.			p. 46
2025-12-11	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 4/10 with headache yesterday. Treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, and scapular stabilization.			p. 47
2025-12-16	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Physical Therapy Daily Note, second episode, visit 7. Pain 3/10; tingling in the right thumb in the morning.			p. 48
2025-12-18	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 3/10; better after last session. Treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, and scapular stabilization.			p. 49
2025-12-23	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 3/10, with headache yesterday. Treatment included cervical traction for 10 minutes, nerve glides, deep neck flexor training, and scapular stabilization.			p. 50
2025-12-30	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 2/10. Tingling in the right thumb in the morning.			p. 51
2026-01-06	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Physical Therapy Daily Note, second episode, visit 11. Pain 2/10, better after last session; treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, and scapular stabilization.			p. 52
2026-01-08	Jordan Reyes, PT, DPT · Northside Physical Therapy	visit	Pain 2/10 with headache yesterday. Treatment included cervical traction 10 minutes, nerve glides, deep neck flexor training, and scapular stabilization.			p. 53
2026-01-09	City Imaging Center	imaging	MRI Cervical Spine without Contrast compared to 02/18/2025 shows C5-C6 right paracentral disc protrusion slightly larger than on prior study, now with moderate right foraminal narrowing. No cord compression or signal change; other levels unchanged.			p. 54
2026-01-09	Daniel Levin, MD, Neuroradiology · City Imaging Center	imaging	Interval mild enlargement of the right C5-C6 disc protrusion with moderate right foraminal stenosis.			p. 55

Date	Provider / facility	Type	Findings (as written)	Diagnoses	Medications	Source page
2026-01-13	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Symptoms recurred in October 2025 with twelve physical therapy visits since 11/25/2025 providing partial relief, and repeat MRI 01/09/2026 reviewed. Examination showed Spurling positive right, grip 4+/5 right, and decreased sensation right thumb.			p. 56
2026-01-13	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Assessment noted recurrent right C6 radiculopathy with enlarging C5-C6 protrusion. Plan includes repeat epidural injection and surgical consultation for anterior cervical discectomy and fusion if symptoms persist after 6 weeks.	Recurrent right C6 radiculopathy with enlarging C5-C6 protrusion, M50.121		p. 57
2026-01-13	Dr. Samuel Okoye, MD, FAAOS · Lakeside Orthopedics	visit	Risks and benefits of injection and surgery discussed. Patient wishes to try injection first.			p. 58
undated	Dr. Helen Park, MD · Riverside Family Practice	other	Current symptoms reported: neck pain, headaches, tingling right hand. Symptoms started after the car accident in January.		ibuprofen; gabapentin at night; albuterol	p. 35

Providers

Provider or facility	Clinicians named	First record	Last record	Rows	Source pages
Maple Pharmacy #112	C. Mendes; S. Okoye; H. Park	2025-01-14	2025-11-18	5	40–41
Springfield General Hospital	Carlos Mendes, MD; Priya Natarajan, MD	2025-01-14	2025-01-14	4	2–5
Springfield General Hospital Emergency Department		2025-01-14	2025-01-14	1	59
Riverside Family Practice	Dr. Helen Park, MD; Helen Park, MD	2025-01-21	2025-11-18	7	6–7, 31–32, 35, 37–38
Northside Physical Therapy	Jordan Reyes, PT, DPT	2025-01-28	2026-01-08	27	8–10, 13–24, 42–53
City Imaging Center	Daniel Levin, MD, Neuroradiology	2025-02-18	2026-01-09	4	11–12, 54–55
Lakeside Orthopedics	Dr. Samuel Okoye, MD, FAAOS	2025-03-05	2026-01-13	9	25–27, 33–34, 39, 56–58
Valley Clinical Laboratories		2025-03-05	2025-03-05	1	28
Springfield Pain & Spine Center	Dr. Aisha Rahman, MD	2025-04-10	2025-04-10	2	29–30

End of chronology. Each row was taken from the page number shown; pages without medical content are listed in the summary.