

## Two Cases: GOOD

7/12/15

Injured worker is a 27 year old RN

pushed cart weighs 145 lbs

history of low back injury

left L5-S1 and right L4-5 discectomies on 2/24/14.



## Two Cases: GOOD

PMHx also includes mild depression, gastritis, insomnia.

Wt: 245 lbs; HT: 69 in;

BMI 37.7.

placed out of work

two weeks, PT, 95 % better

25 lb lifting restriction

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- 8/3/15, IW presented to the ER at the end of her shift
- pain in the center of her low back radiating down the right posterior lateral thigh
- Medrol Dosepak, Oxycodone, and disabled from work
- MRI:
  - compression left S1 nerve root; central right sided disc protrusion L4-5 with compression right L5 nerve root
- calling OHS and PCP office repetitively seeking re-fills for Percocet
- no surgery, PT, more weeks of narcotics

## Two Cases: GOOD

Evaluation and management of a new patient-  
MD board certified in pain medicine

Urine Drug Testing

Health and Behavioral Assessment –  
licensed psychologist specializing in chronic pain and  
cognitive behavioral therapy

Functional Capacity Evaluation - by a licensed chiropractor  
or PT

Approximate costs for all evaluations after negotiations  
~\$1800

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FCE on 9/28/15 concluded:

IW was performing at a light physical demand level based on her ability to perform the tasks required and while demonstrating fear avoidance behaviors

Concluded she will benefit from a structural functional restoration program with goal of returning to the active work force at the successful conclusion of said program.

Recommend with a gradual work hour program.

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10/2/15 psychological assessment:

10/21/15: Prior to commencing FRP, recommendations for a transforaminal ESI Right L4-5, L5-S1 ~\$1875 All opioid pain medication was discontinued after the ESI.

### Goals:

- Return to work

- Ability to self manage her chronic pain with a long term wellness program

- Successful completion of functional restoration program within 6 weeks

- Non-opioid medication

- Approximately 12 visits ~\$1100/visit

## Two Cases: GOOD

Reached MMI after 6 weeks on 12/20/15.

Successfully completed the functional restoration program

Medically cleared to return to her current position with a limitation of lifting/carrying 40 lbs

Temporary restriction allowing for frequent breaks when required to perform standing

Gradual increase in hours worked

This injured worker returned to work on 2/7/16 (approximately 7 months after date of injury) in a physician group office working 40 hours/week with no restrictions.