

NURC 304 Subjective/Objective Notes Musculoskeletal

Student Name: Brittany Hackler		Preceptor Name: Renita Armstrong	
Patient Initials: K. W.		Date of Exam: 3/24/21	
Patient Gender: F		Patient Age: 28	
System: Musculoskeletal			
<div style="font-size: 48px; font-weight: bold; margin: 0;">S</div> <div style="margin-top: 5px;">Subjective</div>	Chief Complaint (patient's own words): "I am here with Brittany as her patient for a skills check-off."		
	History of Present Illness: <i>(include pertinent negatives and positives)</i> Patient denies having any mobility problems, pain, or weakness. Denies personal history of joint problems. Denies heat, swelling, and limitation to ROM of joints. No history of osteoarthritis, rheumatoid arthritis, or spondylarthritis. Patient denies knee joint problems. Reports no stiffness, limitation to ROM or any popping sounds. Patient states, "I have had pulled muscles and sometimes I get muscle cramps on occasion. They are never severe and go away on their own. Sometimes I take Ibuprofen." Denies having any accidents or trauma. Denies any broken bones. Patient admits to having no issues with ROM or ADL's. Patient states, "I am a nurse and on my feet for a good portion of the day. But no other hazards that would cause problems. I perform exercises on my days off and when I can." Denies pain with exercises. Admits to taking multivitamin and extra Vitamin D.		
	Past Medical History: Presence of circular red dots on chest and pimples on shoulders and back area. No family history of joint, muscle or skeletal disease.		
	Medications: Ibuprofen 400mg PO PRN for headaches, muscles aches Multivitamin 1 tab PO Daily Vitamin D 1000 IU PO Daily		
<div style="font-size: 48px; font-weight: bold; margin: 0;">O</div> <div style="margin-top: 5px;">Objective</div>	Clinical Exam: Temporomandibular joint is symmetrical, nonpainful, and has smooth movement. Muscles are firm and symmetrical. Open mouth with 4 cm between upper and lower teeth. Lateral jaw movements of 1.5 cm in each direction. Movement of jaw and mouth has equal strength against resistance. Cervical spine is straight and erect. Spinous processes, sternomastoid, trapezius, and paravertebral muscles are firm with no muscle spasms or tenderness. Shoulders are equal height, clavicles and scapulae are equal in size and location. Sternoclavicular and acromioclavicular joints symmetrical, nontender, and firm. Muscle strength equal and strong bilaterally with full ROM. Elbows are symmetrical bilaterally. No deformity, redness, or swelling. No abnormal swelling, thickening nodules or tenderness to the olecranon process. Muscle strength equal and strong bilaterally with full ROM. Wrists and hands are symmetrical in size, shape and free from deformity, swelling, boggiess, nodules, and tenderness. Hands warm and smooth, interphalangeal joints nontender and smooth with full ROM. No synovial thickening, tenderness, warmth, or nodules present. Phalen's test without pain, numbness, or tingling. Muscles strong and equal in wrists and fingers. Hips are firm, stable, and nontender. Full ROM bilaterally and muscle strength equal to resistance. Knees smooth with even coloring and no lesions. The patella is centrally located bilaterally. No tenderness, swelling, edema or fluid in joint. Full ROM, knees aligned when erect and muscle strength equal to resistance. Feet and ankles symmetrical, no swelling, tenderness, or pain. Joints firm and nontender with full ROM. Equal muscle strength to resistance. Spine is midline, lumbar and thoracic curves concave. Vertebral processes are aligned, uniform in size, stable, and nontender. Muscles are smooth, firm, symmetrical with full ROM. No pain or tenderness on palpation. Gait is steady with no problems with muscle weakness, tremor, or movements.		