

## Kestrel Point Orthopaedics

1450 Halyard Bay Pkwy, Suite 300  
Tampa, FL 33609  
Tel (813) 555-0175 | Fax (813) 555-0176

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Patient: Dana M. Linacre DOB: 06/14/1987 MRN: KPO-30981 Date of service: 06/01/2026 Provider: Neha Castellane, MD

### **ORTHOPAEDIC SPINE CONSULTATION (page 1 of 4)**

**Referred by:** Attorney referral (Corwin & Ashby, P.A.)

**Chief complaint:** Low back pain with left buttock and posterior thigh pain

#### **History of present illness**

Ms. Linacre is a 38-year-old dental office manager seen for low back pain following a motor vehicle collision on 03/03/2026, in which she was the restrained driver of a stopped vehicle struck from behind. She was seen the same day in the emergency department, where imaging was negative for fracture. She treated with chiropractic care at Sunline Chiropractic from 03/07/2026 to 04/10/2026, with good improvement of her neck and partial improvement of her low back. Lumbar MRI on 05/21/2026 is reviewed below.

She now reports low back pain rated 6/10, constant, aching, worse with sitting longer than 30 minutes, bending and lifting, with intermittent pain into the left buttock and posterior thigh that began about 6 weeks ago. No numbness, no weakness, no bowel or bladder change. Her neck pain is 2/10 and not her main concern today.

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ORTHOPAEDIC SPINE CONSULTATION (page 2 of 4)

Past history

|                       |                                         |  |
|-----------------------|-----------------------------------------|--|
|                       |                                         |  |
| Past medical history  | None                                    |  |
| Past surgical history | Tonsillectomy                           |  |
| Prior back problems   | Patient denies                          |  |
| Medications           | Ibuprofen as needed, oral contraceptive |  |
| Allergies             | NKDA                                    |  |
| Social                | Never smoker, works full time at a desk |  |

Examination

Well-appearing, ambulates without assistive device, normal heel and toe walk. Lumbar: tenderness over the L4-L5 and L5-S1 paraspinals, left greater than right. Flexion to 50 degrees with pain, extension 15 degrees with pain. Straight leg raise positive on the left at 60 degrees reproducing buttock and thigh pain; negative on the right. Strength 5/5 in all lower extremity myotomes. Sensation intact. Reflexes 2+ and symmetric at the patellar and Achilles tendons. FABER and SI compression negative.

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ORTHOPAEDIC SPINE CONSULTATION (page 3 of 4)

Imaging

MRI lumbar spine 05/21/2026 (Driftwood Diagnostic Imaging), images and report reviewed: L4-L5 broad-based disc bulge with a small central annular fissure and mild bilateral foraminal narrowing, left greater than right. Disc desiccation at L4-L5 and L5-S1, mild facet arthropathy.

X-rays lumbar spine 4 views today: no instability on flexion and extension views. Mild L5-S1 disc space narrowing.

Assessment

| ICD-10   | Diagnosis                                                      |
|----------|----------------------------------------------------------------|
| M51.26   | Other intervertebral disc displacement, lumbar region (L4-L5)  |
| M54.16   | Radiculopathy, lumbar region (left)                            |
| S33.5XXA | Sprain of ligaments of lumbar spine                            |
| M47.816  | Spondylosis without myelopathy or radiculopathy, lumbar region |

Her lumbar symptoms and the left-sided radicular complaints are, within a reasonable degree of medical probability, causally related to the motor vehicle collision of 03/03/2026, based on the history provided and the temporal onset of symptoms.

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### ORTHOPAEDIC SPINE CONSULTATION (page 4 of 4)

#### Plan

- Recommend left L4-L5 transforaminal epidural steroid injection. Referral to Harbor Pain and Spine.
- Continue home exercise program. Ibuprofen as needed.
- Activity: work with sit-stand modification. Avoid lifting over 20 lb.
- Return 4 to 6 weeks after the injection to assess response.

*N. Castellane MD*

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Neha Castellane, MD 06/01/2026

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REFERRAL / PROCEDURE ORDER

|           |                                                 |
|-----------|-------------------------------------------------|
| Refer to  | Harbor Pain and Spine, Owen Strathy, MD         |
| Procedure | Left L4-L5 transforaminal ESI (64483)           |
| Diagnosis | M51.26, M54.16                                  |
| Priority  | Routine                                         |
| Payer     | Attorney / letter of protection - PIP exhausted |
| Fax to    | (813) 555-0182                                  |

*N. Castellane MD*

Neha Castellane, MD

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### WORK STATUS NOTE

Dana M. Linacre was seen in our office today. She may return to work 06/02/2026 with the following restrictions until re-evaluation: change position every 30 minutes, no lifting over 20 lb.

*N. Castellane MD*

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Neha Castellane, MD

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Patient: Dana M. Linacre DOB: 06/14/1987 MRN: KPO-30981 Date of service: 07/31/2026 Provider: Neha Castellane, MD

### **FOLLOW-UP VISIT (page 1 of 3)**

#### **Interval history**

Ms. Linacre returns after a left L4-L5 transforaminal epidural steroid injection performed 07/01/2026 at Harbor Pain and Spine. She reports about 50% relief of the leg symptoms for roughly 3 weeks, with gradual return. Low back pain is now 5/10, left buttock pain intermittent. She is working full time with the sit-stand modification and finds the end of the workday hardest.

#### **Examination**

Lumbar flexion 55 degrees with pain at end range. Straight leg raise positive on the left at 70 degrees. Strength 5/5. Sensation intact. Reflexes symmetric.

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FOLLOW-UP VISIT (page 2 of 3)

Assessment

L4-L5 disc bulge with annular fissure and left lumbar radiculitis, partially responsive to a single transforaminal epidural steroid injection. Lumbar sprain.

Plan

- Discussed options: repeat left L4-L5 transforaminal injection versus formal physical therapy, 2 times per week for 6 weeks.
- Patient prefers to try physical therapy first. Referral written.
- If symptoms persist after therapy, consider a repeat injection and, if needed, a surgical opinion.
- Continue work modification.

Status

|                             |                              |  |
|-----------------------------|------------------------------|--|
|                             |                              |  |
| Maximum medical improvement | Not yet reached              |  |
| Permanency                  | Permanency to be determined. |  |
| Next visit                  | 8 weeks, or sooner as needed |  |

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### **FOLLOW-UP VISIT (page 3 of 3)**

Orders: physical therapy evaluation and treatment, lumbar, 2x/week x 6 weeks.

*N. Castellane MD*

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Neha Castellane, MD 07/31/2026

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ITEMIZED STATEMENT

Patient: Dana M. Linacre Acct KPO-30981  
Statement: 08/02/2026

| DOS           | CPT   | Description                          | ICD-10                   | Charge     |
|---------------|-------|--------------------------------------|--------------------------|------------|
| 06/01/2026    | 99204 | Office visit new patient, level 4    | M51.26, M54.16, S33.5XXA | \$550.00   |
| 06/01/2026    | 72110 | X-ray lumbosacral spine, min 4 views | M51.26, M47.816          | \$300.00   |
| 07/31/2026    | 99214 | Office visit established, level 4    | M51.26, M54.16, S33.5XXD | \$350.00   |
| TOTAL CHARGES |       |                                      |                          | \$1,200.00 |

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ACCOUNT ACTIVITY

| Date       | Activity                                                             | Amount     |
|------------|----------------------------------------------------------------------|------------|
| 06/01/2026 | Charges DOS 06/01/2026                                               | \$850.00   |
| 06/23/2026 | Seagrape Casualty Insurance Company PIP - denied, benefits exhausted | \$0.00     |
| 07/31/2026 | Charges DOS 07/31/2026                                               | \$350.00   |
|            | BALANCE                                                              | \$1,200.00 |

Account placed on attorney hold 06/23/2026 after the PIP denial. Attorney of record: Corwin & Ashby, P.A., file CA-26-0311, (813) 555-0188. No letter of protection on file for this account; balance payable by the patient at settlement.