

Wellness Chiropractic  
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## **Followup Visit**

Patient Name: Mike Chiro

DOB: 4/3/1975

Date of Visit: 5/25/2011

## **Objective:**

### Neck

Adson's is positive on the right. Pain level: 3. Allen's is positive on the left with pain radiating to Left arm. Pain level: 3. type. Bakody's Sign is positive bilaterally with pain radiating to Back of head, Both sides of head. Pain level: 4. Cervical Compression is positive bilaterally with pain radiating to Both sides of head, Left arm. Dejerines Triad is positive on the right with pain radiating to Back of head. Pain level: 4. Valsalva is positive. Wright's is negative on the right with pain radiating to Back of head, Right arm. Pain level: 3.

### Posture Exam

Anterior Hip Rotation(R), Apparent Lumbar Curvature(R), Cervical Muscle Tension(R), Postural Sway With Eyes Closed(R), Starting Up A New Option(L).

### Patient History

Allergies: Aspirin/Pain Medicine

Surgeries: Appendix, Hernia

Past Medical Problems: Ankle Pain, Genetic Spinal Disorder

Medication: Zanax (Anti-Depressant)

Family History: tes (Daughter)

Custom Questions: What does algebra think about you?: test

What does algebra think about you?: fdsdfs

What do you consider good?: fds.

### X-Rays

Lumbosacral, Complete w/ obliq (72114), Date of study: 4/6/2009.

### Abnormal X-Ray Findings

Medium Osteophytes on the lateral endplate(s) of the really humungo vertebrae(s), Disc Thinning Moderate Disc Thinning is noted at the \*1\* vertebral level(s).

## **Pain/tenderness:**

This patient indicates that subsequent to our last treatment they experienced reduction in the intensity of symptomatology.

5/25/2011. Patient: Mike Chiro. Doctor: Keith Urban DC

Symptomatology is not generally a problem throughout the day. is increased by.

Patient complains today of intermittent episodes of frequent occurrences of.

Foot Pain. The symptoms appear centrally. The symptoms are rated as moderate. The symptoms are described as dull ache. Patient's expectations: explanation of my condition and learn how to care for this condition on my own. Mike rates the symptoms at 9. The symptoms are happening constantly (76 - 100% of the day). Chiropractic therapy is making the symptoms better.

Routine Spinal Care. The symptoms appear on the right side. Patient's expectations: learn how to care for this condition on my own. The symptoms are rated at 7. Activity affected level is rated at 7. The symptoms are happening frequently (51 - 75% of the day). Symptoms are staying the same. Climbing stairs is making the symptoms worse.

Lumbar Pain . The symptoms appear on the right side. The symptoms are rated as unbearable. The symptoms are also described as dull ache, sharp, shooting and stabbing pain. Patient's expectations: explanation of my condition. Today the symptoms are rated at 9. Activity affected level is rated at 3. The symptoms are happening occasionally (26 - 50% of the day). Symptoms are getting worse. Nothing works to make the symptoms better. Shopping is making the symptoms worse.

Chronic Fatigue. Mike reports unbearable symptoms today. The symptoms are rated at 9. Activity affected level is rated at 5. Heat improves the symptoms.

### **Asymmetry/misalignment:**

#### Palpation

Edema, loss of strength in rom sholder was found in bilateral L1-5, pelvis; lumbar region. Intensity: Moderate. Tenderness was found in left occiput, C1-3; cervical region.

### **Range of motion abnormality:**

#### ROM

Cervical ROM: Flexion ROM is 35/50, Pain: significant, Pain level: 3, Right Rotation ROM is 85/80, Pain: moderate, Pain level: 2.

Thoracic ROM: Flexion ROM was within normal limits, 90, Extension ROM is 15/25, Pain: none, Pain level: 1.

Lumbar ROM: Flexion ROM is 60/60, Pain: moderate, Pain level: 9. You can type in here too. Extension ROM is 25/25, Pain: moderate, Pain level: 5, Left Lateral Flexion ROM is 10/25, Right Lateral Flexion ROM is 45/25, Pain: moderate, Pain level: 2.

**Assessment:**Diagnoses

1: Low back pain (724.2), 2: Cervical region spinal stenosis (723.0), 3: Lumbar disc cartilage calcification (722.93), 4: Backache (724.5), 5: Cervical IVD degeneration (722.4)

Assessment

After today's assessment condition is exacerbated, condition is guarded.

Prognosis

At this time Patient's prognosis is good, We all want it to get better.

**Procedures:**Adjustments

Adjusted bilateral C1-2; cervical region with Activator technique.

Activator

Adjusted with activator: Left OCC - LAT and Left C2 - INF.

Activator - Extremities

Adjusted with activator: Left TROC - INF and Left PROX TIB - EXT.

Treatments

Therapeutic activities (97530) were performed for 15 minutes

CMT 5 Spinal Regions (98942)

Neuromuscular Reeducation (97110) for Lumbar region was performed for 10 mins.

Electrical Stimulation (97014) was applied to the Cervical region(s) for 10 mins.

**Plans:**

Modality/Therapy: Cold laser and Manual traction - 3x times per week, Return as dictated by agreed upon care plan 3x times per week.

Short Term Goals

Decreasing pain, inflammation, muscle tightness and increase vertebral motion 40%; Reducing pains in the patient 40%; Decreasing pain, inflammation, muscle tightness and increase vertebral motion; Gaining % improvement; Improving quality and quantity of joint movement 50%.

Note was completed on: 5/25/2011 1:29 PM

