

Wellness Chiropractic
Tim Thompson, DC
1515 Chiro Ave
Chiroville, CA 99999
Phone: 515-555-5555
Fax: 515-555-5556

Initial Exam

Patient Name: John Chiro
DOB: 1/19/1976
Date of Visit: 10/28/2008

Complaint(s): **Headaches, Jaw Pain**

Allergies: Animals, Penicillin
Surgeries: Neurological
Past Medical Problems: Diabetes, Dizziness, Hearing Problems
Vitals: Height = 5'5"; Weight = 202; BMI = 34.

Subjective:

Headaches: John is unsure when this condition started. The symptoms appear on both sides. The pain is also described as burning. The pain is rated at 4. Activity affected level is rated at 0. The pain is happening constantly (76 - 100% of the day). Symptoms are getting better. Massage therapy make(s) the pain better.

Jaw Pain: John is unsure when this condition started and he said: "ice is helping". The symptoms appear on both sides. The pain is rated at 6. Activity affected level is rated at 0.

Objective:

Palpation

Muscle spasm, swelling was found in left C1-2, T3-4, L2-3.

Low Back

Abduction Stress is positive bilaterally with radiating pains, Pain level: 3.

Muscle Strength Exam

Biceps (C5-6) were +1/5 (L), deltoid (C5) were +3/5 (L), finger abductors (T1) were +3/5 (L), adductors (L2-L4) were +1/5 (L), extensor hallucis longus (L5) were +3/5 (L), foot extensors (S1) were +2/5 (L).

Posture Exam

Apparent Lumbar Curvature(R), Elevated Iliac Crest (L).

Reflexes

Biceps were +1 (L), Brachioradialis were +1 (L).

ROM

Cervical ROM: Flexion ROM is 40/50, Pain: significant, Pain level: 0.

X-Rays

X-Rays Taken: Elbow, AP & Lateral (73080), Entire Spine (AP & Lateral) (72010).

Normal XRay Findings

Normal XRay Findings: It appears that there are no fractures, pathologies or severe dislocations are displayed.

Alex's Custom Screen

Today patient said that the pain was worse.

Assessment:

Diagnoses

1: Cervicalgia (723.1), 2: Dizziness, vertigo (780.4), 3: Headache (784.0), 4: Neck pain (723.1), 5: Spasm of muscle (728.85).

Assessment

After today's assessment, Patient's condition is progressing faster than expected.

Procedures:

Adjustments

Adjusted left C3-4, T4-5 and L3 with Art technique.

Treatments

CMT 3-4 Spinal Regions (98941).

Electrical Stimulation (97014) was applied to the lumbar region(s).

Mechanical Traction (97012) was performed for 9 minutes.

Rehab

Today we performed the following rehab procedures: Finger-walk exercise for shoulder rehabilitation; Golf ball exercise for the affected foot.

Additionally today we provided

Today Patient received: ice pack.

Plans:

Spinal manipulation 2x times per week for 6 weeks, Modality/Therapy: Cold laser and Hot Packs - , Spinal manipulation.

Short Term Goals

Allowing Patient to return to daily activities without pain resulting; Decreasing pain, inflammation, muscle tightness and increase vertebral motion; 30%.

Nutrition/Supplements

Allerplex 2x times per day, A-F Betafood 1x times per day, A-C Carbamide 2x times per day.

A handwritten signature in cursive script that reads "Mary A. Brand". The signature is written in dark ink on a light-colored background.

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Follow up Visit

Patient Name: John Chiro
DOB: 1/19/1976
Date of Visit: 2/11/2009

Complaint(s): Headaches

Subjective:

Headaches: John is unsure when this condition started. The symptoms appear on the right side. The pain is also described as dull ache, stabbing pain and tightness. The pain is rated at 7. Activity affected level is rated at 6. Chiropractic therapy, ice and sleep/rest make(s) the pain better.

Objective:

Palpation

Muscle spasm, swelling was found in left C2-3; right L2-3; bilateral T3-4. Tenderness was found in left C1-2.

Assessment:

Diagnoses

1: Dizziness, vertigo (780.4), 2: Headache (784.0)

Assessment

After today's assessment, Patient's condition is progressing as expected given condition.

Procedures:

Adjustments

Adjusted left C2-3, T4-5 and L2-3 with Diversified technique.

Treatments

Electrical Stimulation (97014) was applied to the cervical region.
Manual Therapy (97140) was performed for 12 minutes.

Plans:

Spinal manipulation 3x times per week for 4 weeks, Modality/Therapy: Hot packs and

Short Term Goals: Improving the ADLs (as listed above): driving 50% within 4 weeks.

Nutrition/Supplements: Allerplex 1x times per day, A-F Betafood 3x times per day.



Mary A. Brand