

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/16/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

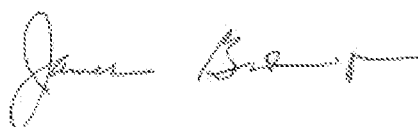
A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) 15 min Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 04/16/2025

Signed: 
James Goode, PTA

Date: 04/16/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/18/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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Date: 04/18/2025

Signed:

Steve Barsamian, PTA

Date: 04/21/2025

Signed:

Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/21/2025

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Date: 04/21/2025

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Steve Barsamian, PTA

Date: 04/21/2025

Signed:

Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

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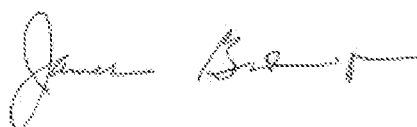
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Date: 04/25/2025

Signed: 
James Goode, PTA

Date: 04/28/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 05/02/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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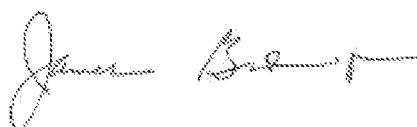
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Date: 05/02/2025

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James Goode, PTA

Date: 05/02/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/28/2025

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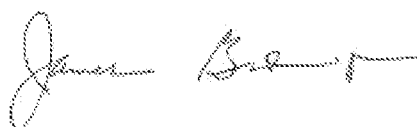
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Date: 03/28/2025

Signed: 
James Goode, PTA

Date: 03/28/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

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Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/04/2025

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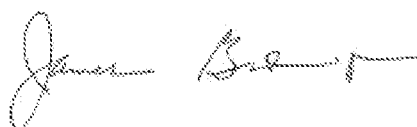
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Date: 04/04/2025

Signed: 
James Goode, PTA

Date: 04/04/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/07/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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Date: 04/07/2025

Signed:

Steve Barsamian, PTA

Date: 04/07/2025

Signed:

Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/09/2025

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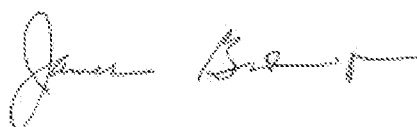
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Date: 04/14/2025

Signed:

Steve Barsamian, PTA

Date: 04/14/2025

Signed:

Michael John Martinez, DPT, LPTA

Comprehensive Orthopedic Care Center PC
Michael John Martinez, DPT, LPTA
1145 E. San Antonio Dr. Ste.B Long Beach, CA 90807-2379
Ph. (562) 984-5505 • Fax (562) 984-8599

RE: **Alfredo Cordero Rojas**
04/14/2025
DOB: **06/03/1970**

PHYSICAL THERAPY PROGRESS REPORT

Dear Dr. ,

In regards to your patient, I am sending an initial report concerning the work-related injury she sustained while in the performance of her regular and customary duties.

HISTORY OF INJURY:

The patient appears to be reasonably cooperative with providing information concerning the above-captioned work injury. The following history is obtained from the patient to the best of the patient's recollection.

Patient was evaluated by Dr. Rosenzweig for an injury. Referred here for Physical Therapy assessment and treatment.

Past Medical History

Patient states no Previous Injuries

Previous Industrial Injuries: The patient has a history of work-related injuries, including injuries to his back and left knee sustained in 2013.

Patient states no Previous Auto Accident Injuries

Patient states no Previous Non-Industrial Injuries

Patient states no Subsequent Injuries Since the Injury Date

Patient states no Major Medical Illnesses

Surgical Procedures: The patient has a history of previous surgeries, including back surgery in 2018 and knee replacement surgery in 2017.

Patient states no Hospitalization

Family History: Hypertension, Mother

Patient states no Tobacco Use

Patient states no E-Cigarettes Use

Alcohol Use: Occasionally

Patient states no Illicit Drug Use

Marital Status: Single

Patient states no Children

Patient states no Recreational Activities

CURRENT COMPLAINTS:

Back - Cervical Spine

Patient reports their pain today in the back is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with bending, and twisting.

Back - Lumbar Spine

Patient reports their pain today in the back is 6 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking, and bending. Associated symptoms include numbness. The pain

radiates to right buttock.

Knee Patella (Left)

Patient reports their pain today in the left knee is 4 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Knee Patella (Right)

Patient reports their pain today in the right knee is 6 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Ankle malleolus (Left)

Patient reports their pain today in the left ankle is 3 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. The pain radiates to bottom of foot.

Ankle malleolus (Right)

Patient reports their pain today in the right ankle is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. Associated symptoms include tingling, numbness in the foot and joint swelling in the ankle. The pain radiates to bottom of foot.

PHYSICAL EXAM

Appearance: Obese

OBJECTIVE FINDINGS:

AROM: Cervical:

- Extension: Unidirectional: 30 degrees (with pain) / Normal Rating: 60
- Flexion: Unidirectional: 20 degrees (with pain) / Normal Rating: 50
- Left Lateral Bending: Unidirectional: 22 degrees (with pain) / Normal Rating: 45
- Left Rotation: Unidirectional: 30 degrees / Normal Rating: 80
- Right Lateral Bending: Unidirectional: 20 degrees (with pain) / Normal Rating: 45
- Right Rotation: Unidirectional: 26 degrees (with pain) / Normal Rating: 80

Knee:

- Extension: Right: 0 degrees, Left: 0 degrees / Normal Rating: 0
- Flexion: Right: 68 degrees (with pain), Left: 96 degrees (with pain) / Normal Rating: 140

Ankle:

- Eversion: Right: 8 degrees / Normal Rating: 20
- Extension: Right: 30 degrees (with pain) / Normal Rating: 20
- Flexion: Right: 0 degrees / Normal Rating: 40
- Inversion: Right: 22 degrees / Normal Rating: 30

Cervical: There is no bruising, swelling, atrophy, or lesion present at the cervical spine.

Lumbar: AROM

Flexion = finger tips 16 1/4 inches from floor

Extension = 20 degrees

(L) side bending = 22 1/2 inches from the floor

(R) side bending = 23 1/4 inches from floor

Strength

(L) hip flexion = 4-/5

Abduction = 4-/5

(L) knee flexion = 4-/5

extension = 4-/5

(R) hip flexion = 3+/5

Abduction = 3+/5

(R) knee flexion = 3+/5

extension = 3+/5

Knee: There is no bruising, swelling, atrophy, or lesion present at the knees.

Ankle: Pt having PT Tx on (B) ankle/foot

AROM

Dorsiflexion = 0 degrees

Diagnosis

- Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1XXA)
- Cervicalgia (M54.2)
- Lumbago with sciatica, right side (M54.41)
- Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)
- Patellar tendinitis, left knee (M76.52)
- Pain in right knee (M25.561)
- Plantar fascial fibromatosis (M72.2)
- Pain in left ankle (M25.572)
- Pain in right ankle (M25.571)

Functional Limitations:

Pt looks over (B) shoulders with a severe. difficulty

Pt sits with a severe. difficulty

Pt ambulates with a severe. difficulty

Pt bends at the waist and stoops with a severe difficulty

Pt ascends and descends stairs with a severe. difficulty

GOALS

Pt looks over (B) shoulders with a Min. difficulty

Pt sits with a Min. difficulty

Pt ambulates with a Min. difficulty

Pt bends at the waist and stoops with a Min. difficulty

Pt ascends and descends stairs with a Min. difficulty

Decrease pain to less than or equal to 2-3/10

Increase AROM to WFL

Increase strength to WFL

ASSESSMENT:

Pt demonstrates decreased AROM, decreased strength, decreased endurance, decreased activity tolerance, decreased positional tolerance, decreased flexibility, increased pain and impaired function.

PLAN OF CARE:

Pt requires continued skilled PT services 2-3x/wk. Continue skilled PT services per initial evaluations plan of care.

PT Tx

Return to care 4 weeks

TREATMENT JUSTIFICATION:

ACOEM Guides, page 1/4 state:

"Multidisciplinary treatment was found to be superior to conventional physical therapy alone, had benefits that persisted over time, and was beneficial in improving return to work and decreasing use of health care. While the components and approaches of multidisciplinary care often differ, the hallmarks of such programs include:

- 1) Thorough, multidisciplinary assessment of the patient
- 2) The establishment of a time-limited treatment plan with clear functional goals
- 3) Frequent assessment of the patient's progress toward meeting such goals
- 4) Modifications of the treatment plan as appropriate, based on the patient's progress

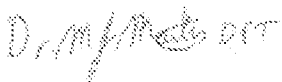
typically, such programs involve ongoing medical care or supervision, exercise or specific physical therapy intervention, psychosocial intervention, and occupational therapy or other services related to daily functioning and/or vocational rehabilitation. "

The physical therapy being provided to the patient is part of a multidisciplinary effort in compliance with the above quotation.

DISCLOSURE :

I declare under penalty of perjury that I have not violated Labor Code 193.3 and have not offered, delivered, received, or accepted any rebate, refund, commission, preferences, patronage, dividend, discount, or other consideration for any referral for examination or evaluation by a physician. I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information I have indicated I have received from others. As to that information, I declare under penalty of perjury that the information accurately describes the information provided to me and, except as noted herein, that I believe it to be true.

Sincerely,



Michael John Martinez, DPT, LPTA,

Comprehensive Orthopedic Care Center PC
Michael John Martinez, DPT, LPTA
1145 E. San Antonio Dr. Ste.B Long Beach, CA 90807-2379
Ph. (562) 984-5505 • Fax (562) 984-8599

RE: **Alfredo Cordero Rojas**
03/03/2025
DOB: **06/03/1970**

PHYSICAL THERAPY INITIAL REPORT

Dear Dr. ,

In regards to your patient, I am sending an initial report concerning the work-related injury she sustained while in the performance of her regular and customary duties.

HISTORY OF INJURY:

The patient appears to be reasonably cooperative with providing information concerning the above-captioned work injury. The following history is obtained from the patient to the best of the patient's recollection.

Patient was evaluated by Dr. Rosenzweig for an injury. Referred here for Physical Therapy assessment and treatment.

Past Medical History

Patient states no Previous Injuries

Previous Industrial Injuries: The patient has a history of work-related injuries, including injuries to his back and left knee sustained in 2013.

Patient states no Previous Auto Accident Injuries

Patient states no Previous Non-Industrial Injuries

Patient states no Subsequent Injuries Since the Injury Date

Patient states no Major Medical Illnesses

Surgical Procedures: The patient has a history of previous surgeries, including back surgery in 2018 and knee replacement surgery in 2017.

Patient states no Hospitalization

Family History: Hypertension, Mother

Patient states no Tobacco Use

Patient states no E-Cigarettes Use

Alcohol Use: Occasionally

Patient states no Illicit Drug Use

Marital Status: Single

Patient states no Children

Patient states no Recreational Activities

CURRENT COMPLAINTS:

Back - Cervical Spine

Patient reports their pain today in the back is 6 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with bending, and twisting.

Back - Lumbar Spine

Patient reports their pain today in the back is 6 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking, and bending. Associated symptoms include numbness. The pain

radiates to right buttock.

Knee Patella (Left)

Patient reports their pain today in the left knee is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Knee Patella (Right)

Patient reports their pain today in the right knee is 7 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Ankle malleolus (Left)

Patient reports their pain today in the left ankle is 4 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. The pain radiates to bottom of foot.

Ankle malleolus (Right)

Patient reports their pain today in the right ankle is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. Associated symptoms include tingling, numbness in the foot and joint swelling in the ankle. The pain radiates to bottom of foot.

PHYSICAL EXAM

Appearance: Obese

OBJECTIVE FINDINGS:

AROM: Cervical:

- Extension: Unidirectional: 26 degrees (with pain) / Normal Rating: 60
- Flexion: Unidirectional: 24 degrees (with pain) / Normal Rating: 50
- Left Lateral Bending: Unidirectional: 22 degrees (with pain) / Normal Rating: 45
- Left Rotation: Unidirectional: 22 degrees / Normal Rating: 80
- Right Lateral Bending: Unidirectional: 20 degrees (with pain) / Normal Rating: 45
- Right Rotation: Unidirectional: 24 degrees (with pain) / Normal Rating: 80

Knee:

- Extension: Right: 0 degrees, Left: 0 degrees / Normal Rating: 0
- Flexion: Right: 68 degrees (with pain), Left: 96 degrees (with pain) / Normal Rating: 140

Ankle:

- Eversion: Right: 6 degrees / Normal Rating: 20
- Extension: Right: 30 degrees (with pain) / Normal Rating: 20
- Inversion: Right: 20 degrees / Normal Rating: 30

Cervical: There is no bruising, swelling, atrophy, or lesion present at the cervical spine.

Lumbar: AROM

Flexion = finger tips 14 1/2 inches from floor

Extension = 10 degrees

(L) side bending = 23 3/4 inches from the floor

(R) side bending = 24 1/4 inches from floor

Strength

(L) hip flexion = 4-/5

Abduction = 4-/5

(L) knee flexion = 4-/5

extension = 4-/5

(R) hip flexion = 3+/5

Abduction = 3+/5

(R) knee flexion = 3+/5

extension = 3+/5

Knee: There is no bruising, swelling, atrophy, or lesion present at the knees.

Ankle: Pt having PT Tx on (B) ankle/foot

AROM

Dorsiflexion = -10 degrees

SPECIAL TESTS: Lumbar:

- Right Sitting Straight Leg Raise is positive
- Left Sitting Straight Leg Raise is positive

Knee:

- McMurray's causes pain on the right
- Patellar Compression causes pain on the left

Diagnosis

- Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1XXA)
- Cervicalgia (M54.2)
- Lumbago with sciatica, right side (M54.41)
- Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)
- Patellar tendinitis, left knee (M76.52)
- Pain in right knee (M25.561)
- Plantar fascial fibromatosis (M72.2)
- Pain in left ankle (M25.572)
- Pain in right ankle (M25.571)

Functional Limitations:

Pt looks over (B) shoulders with a severe. difficulty
Pt sits with a severe. difficulty
Pt ambulates with a severe. difficulty
Pt bends at the waist and stoops with a severe difficulty
Pt ascends and descends stairs with a severe. difficulty

GOALS

Pt looks over (B) shoulders with a Min. difficulty
Pt sits with a Min. difficulty
Pt ambulates with a Min. difficulty
Pt bends at the waist and stoops with a Min. difficulty
Pt ascends and descends stairs with a Min. difficulty
Decrease pain to less than or equal to 2-3/10
Increase AROM to WFL
Increase strength to WFL

ASSESSMENT:

Pt demonstrates decreased AROM, decreased strength, decreased endurance, decreased activity tolerance, decreased positional tolerance, decreased flexibility, increased pain and impaired function.

PLAN OF CARE:

Ther Ex, Group Ther Proc, Ther Act, Neuro Re-ed, E-Stim, Infrared, MT, Jt Mobs, Traction
PT Tx

Return to care 4 weeks

TREATMENT JUSTIFICATION:

ACOEM Guides, page 1/4 state:

"Multidisciplinary treatment was found to be superior to conventional physical therapy alone, had benefits that persisted over time, and was beneficial in improving return to work and decreasing use of health care. While the components and approaches of multidisciplinary care often differ, the hallmarks of such programs include:

- 1) Thorough, multidisciplinary assessment of the patient
- 2) The establishment of a time-limited treatment plan with clear functional goals
- 3) Frequent assessment of the patient's progress toward meeting such goals
- 4) Modifications of the treatment plan as appropriate, based on the patient's progress

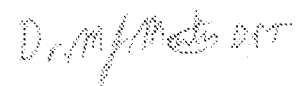
typically, such programs involve ongoing medical care or supervision, exercise or specific physical therapy intervention, psychosocial intervention, and occupational therapy or other services related to daily functioning and/or vocational rehabilitation. "

The physical therapy being provided to the patient is part of a multidisciplinary effort in compliance with the above quotation.

DISCLOSURE :

I declare under penalty of perjury that I have not violated Labor Code 193.3 and have not offered, delivered, received, or accepted any rebate, refund, commission, preferences, patronage, dividend, discount, or other consideration for any referral for examination or evaluation by a physician. I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information I have indicated I have received from others. As to that information, I declare under penalty of perjury that the information accurately describes the information provided to me and, except as noted herein, that I believe it to be true.

Sincerely,

A handwritten signature in black ink, appearing to read "Dr. M. J. Martinez DPT". The signature is written in a cursive, flowing style.

Michael John Martinez, DPT, LPTA,

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/17/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

S:

O:

A:

P:

S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postititional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input type="checkbox"/> 97140 (Manual Therapy) Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-35 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 03/17/2025

Signed:

Steve Barsamian, PTA

Date: 03/17/2025

Signed:

Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/19/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

S:

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S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input type="checkbox"/> 97140 (Manual Therapy) Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 03/19/2025

Signed:

James Goode, PTA

Date: 03/19/2025

Signed:

Michael John Martinez, DPT, LPTA

Comprehensive Orthopedic Care Center PC
Michael John Martinez, DPT, LPTA
1145 E. San Antonio Dr. Ste.B Long Beach, CA 90807-2379
Ph. (562) 984-5505 • Fax (562) 984-8599

RE: **Alfredo Cordero Rojas**
05/12/2025
DOB: **06/03/1970**

PHYSICAL THERAPY DISCHARGE REPORT

Dear Dr. ,

In regards to your patient, I am sending an initial report concerning the work-related injury she sustained while in the performance of her regular and customary duties.

HISTORY OF INJURY:

The patient appears to be reasonably cooperative with providing information concerning the above-captioned work injury. The following history is obtained from the patient to the best of the patient's recollection.

Patient was evaluated by Dr. Rosenzweig for an injury. Referred here for Physical Therapy assessment and treatment.

Past Medical History

Patient states no Previous Injuries

Previous Industrial Injuries: The patient has a history of work-related injuries, including injuries to his back and left knee sustained in 2013.

Patient states no Previous Auto Accident Injuries

Patient states no Previous Non-Industrial Injuries

Patient states no Subsequent Injuries Since the Injury Date

Patient states no Major Medical Illnesses

Surgical Procedures: The patient has a history of previous surgeries, including back surgery in 2018 and knee replacement surgery in 2017.

Patient states no Hospitalization

Family History: Hypertension, Mother

Patient states no Tobacco Use

Patient states no E-Cigarettes Use

Alcohol Use: Occasionally

Patient states no Illicit Drug Use

Marital Status: Single

Patient states no Children

Patient states no Recreational Activities

CURRENT COMPLAINTS:

Back - Cervical Spine

Patient reports their pain today in the back is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with bending, and twisting.

Back - Lumbar Spine

Patient reports their pain today in the back is 6 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking, and bending. Associated symptoms include numbness. The pain

radiates to right buttock.

Knee Patella (Left)

Patient reports their pain today in the left knee is 3 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Knee Patella (Right)

Patient reports their pain today in the right knee is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Ankle malleolus (Left)

Patient reports their pain today in the left ankle is 2 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. The pain radiates to bottom of foot.

Ankle malleolus (Right)

Patient reports their pain today in the right ankle is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. Associated symptoms include tingling, numbness in the foot and joint swelling in the ankle. The pain radiates to bottom of foot.

PHYSICAL EXAM

Appearance: Obese

OBJECTIVE FINDINGS:

AROM: Cervical:

- Extension: Unidirectional: 32 degrees (with pain) / Normal Rating: 60
- Flexion: Unidirectional: 25 degrees (with pain) / Normal Rating: 50
- Left Lateral Bending: Unidirectional: 16 degrees (with pain) / Normal Rating: 45
- Left Rotation: Unidirectional: 24 degrees / Normal Rating: 80
- Right Lateral Bending: Unidirectional: 20 degrees (with pain) / Normal Rating: 45
- Right Rotation: Unidirectional: 20 degrees (with pain) / Normal Rating: 80

Knee:

- Extension: Right: 0 degrees, Left: 0 degrees / Normal Rating: 0
- Flexion: Right: 64 degrees (with pain), Left: 95 degrees (with pain) / Normal Rating: 140

Ankle:

- Eversion: Right: 10 degrees / Normal Rating: 20
- Extension: Right: 32 degrees (with pain) / Normal Rating: 20
- Flexion: Right: 2 degrees / Normal Rating: 40
- Inversion: Right: 20 degrees / Normal Rating: 30

Cervical: There is no bruising, swelling, atrophy, or lesion present at the cervical spine.

Lumbar: AROM

Flexion = finger tips 10 1/2 inches from floor

Extension = 18 degrees

(L) side bending = 22 1/4 inches from the floor

(R) side bending = 23 inches from floor

Strength

(L) hip flexion = 4/5

Abduction = 4/5

(L) knee flexion = 4-/5

extension = 4-/5

(R) hip flexion = 4-/5

Abduction = 4-/5

(R) knee flexion = 3+/5

extension = 3+/5

Knee: There is no bruising, swelling, atrophy, or lesion present at the knees.

Ankle: Pt having PT Tx on (B) ankle/foot

AROM

Dorsiflexion = 2 degrees

Diagnosis

- Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1XXA)
- Cervicalgia (M54.2)
- Lumbago with sciatica, right side (M54.41)
- Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)
- Patellar tendinitis, left knee (M76.52)
- Pain in right knee (M25.561)
- Plantar fascial fibromatosis (M72.2)
- Pain in left ankle (M25.572)
- Pain in right ankle (M25.571)

Functional Limitations:

Pt looks over (B) shoulders with a severe. difficulty

Pt sits with a severe. difficulty

Pt ambulates with a severe. difficulty

Pt bends at the waist and stoops with a severe difficulty

Pt ascends and descends stairs with a severe. difficulty

GOALS

Pt looks over (B) shoulders with a Min. difficulty

Pt sits with a Min. difficulty

Pt ambulates with a Min. difficulty

Pt bends at the waist and stoops with a Min. difficulty

Pt ascends and descends stairs with a Min. difficulty

Decrease pain to less than or equal to 2-3/10

Increase AROM to WFL

Increase strength to WFL

ASSESSMENT:

Pt demonstrates increased and maintained AROM, increased strength, increased endurance, increased activity tolerance, increased positional tolerance, increased and maintained flexibility, decreased and maintained pain and increased function.

PLAN OF CARE:

Pt has completed skilled PT services with reports of benefits. Pt is to be discharged from skilled PT services, and is to follow up with primary treating physician for medical management

TREATMENT JUSTIFICATION:

ACOEM Guides, page 1/4 state:

"Multidisciplinary treatment was found to be superior to conventional physical therapy alone, had benefits that persisted over time, and was beneficial in improving return to work and decreasing use of health care. While the components and approaches of multidisciplinary care often differ, the hallmarks of such programs include:

- 1) Thorough, multidisciplinary assessment of the patient
- 2) The establishment of a time-limited treatment plan with clear functional goals
- 3) Frequent assessment of the patient's progress toward meeting such goals
- 4) Modifications of the treatment plan as appropriate, based on the patient's progress

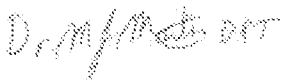
typically, such programs involve ongoing medical care or supervision, exercise or specific physical therapy intervention, psychosocial intervention, and occupational therapy or other services related to daily functioning and/or vocational rehabilitation. "

The physical therapy being provided to the patient is part of a multidisciplinary effort in compliance with the above quotation.

DISCLOSURE :

I declare under penalty of perjury that I have not violated Labor Code 193.3 and have not offered, delivered, received, or accepted any rebate, refund, commission, preferences, patronage, dividend, discount, or other consideration for any referral for examination or evaluation by a physician. I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information I have indicated I have received from others. As to that information, I declare under penalty of perjury that the information accurately describes the information provided to me and, except as noted herein, that I believe it to be true.

Sincerely,



Michael John Martinez, DPT, LPTA,

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/28/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) 15 min Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 04/28/2025

Signed:

Steve Barsamian, PTA

Date: 04/28/2025

Signed:

Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/30/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

S:

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S: C/S T/S L/S LUE RUE LLE RLE

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Group Therapeutic ↑ ↑↓ Manual Therapy

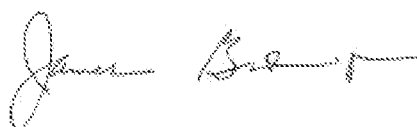
A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) 15 min Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 04/30/2025

Signed: 
James Goode, PTA

Date: 04/30/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/11/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

S:

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S: C/S T/S L/S LUE RUE LLE RLE

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Group Therapeutic ↑ ↑↓ Manual Therapy

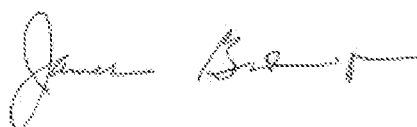
A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) 15 min Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 04/11/2025

Signed: 
James Goode, PTA

Date: 04/14/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/31/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

S:

O:

A:

P:

S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

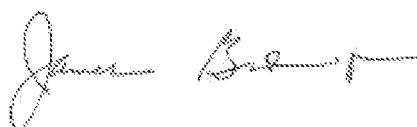
A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) 15 min Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 03/31/2025

Signed: 
James Goode, PTA

Date: 03/31/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 04/02/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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P:

S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitonal Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) 15 min Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 04/02/2025

Signed:

Steve Barsamian, PTA

Date: 04/02/2025

Signed:

Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/14/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

S:

O:

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P:

S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

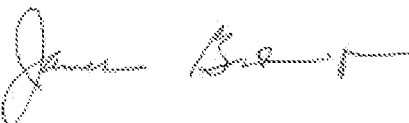
A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) 15 min Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-40 min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 03/14/2025

Signed: 
James Goode, PTA

Date: 03/17/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/21/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

S:

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P:

S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

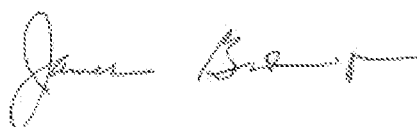
A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitional Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

P: ☒ Continue Per Plan of Care ☒ Increase Strength ☒ Increase Endurance ☒ Increase Activity/Positional Tolerance ☒ Increase Balance ☒ Increase Flexibility ☒ Decrease Pain

TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input type="checkbox"/> 97140 (Manual Therapy) Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-45min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 03/21/2025

Signed: 
James Goode, PTA

Date: 03/24/2025

Signed: 
Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/24/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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P:

S: C/S T/S L/S LUE RUE LLE RLE

O: ☒ TE Mob/STM CP HP Paraffin ☒ EMS Man Tract Mech Tract Massage Infrared Ultrasound Gait Training
Group Therapeutic ↑ ↑↓ Manual Therapy

A: ↑ ROM ↑ Strength ↑ Endurance ↑ Activity Tolerance ↑ Postitonal Tolerance Balance Scar Tissue ↑ Flexibility ↓ Pain

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<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-45min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 03/24/2025

Signed:

Steve Barsamian, PTA

Date: 03/24/2025

Signed:

Michael John Martinez, DPT, LPTA

Physical Therapy SOAP Notes

Patient Name: Alfredo Cordero Rojas (6934)

Date of Birth: 06/03/1970

Date of Injury CT: 06/08/2017 - 01/14/2025 **Date:** 03/26/2025

DX: Pain in right knee (M25.561), Pain in right ankle and joints of right foot (M25.571), Pain in left ankle and joints of left foot (M25.572), Cervicalgia (M54.2), Lumbago with sciatica, right side (M54.41), Plantar fascial fibromatosis (M72.2), Patellar tendinitis, left knee (M76.52), Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1xxA), Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)

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Group Therapeutic ↑ ↑↓ Manual Therapy

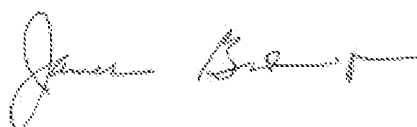
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TREATMENT:

<input checked="" type="checkbox"/> G0283 (E-Stim) 15 min <input type="checkbox"/> 97026 (Infrared) <input type="checkbox"/> 97018 (Paraffin Wax)	<input checked="" type="checkbox"/> 97112 (Neuromuscular Education) 15 min Balance Training, Postural Re-Education Log Roll Technique Core Stabilization, Etc.	<input checked="" type="checkbox"/> 97140 (Manual Therapy) Lumbar Neural Flossing
<input checked="" type="checkbox"/> 97110 (Therapeutic Exercise) Other-45min. Ratio 1:1	<input type="checkbox"/> 97150 (Group Therapeutic)	<input type="checkbox"/> 97116 (Gait Training) <input type="checkbox"/> 97530 (Therapeutic Activities)

Date: 03/26/2025

Signed: 
James Goode, PTA

Date: 03/27/2025

Signed: 
Michael John Martinez, DPT, LPTA