

Injury Center Of Houston

11100 Southwest Fwy

Houston, TX 77031

(713) 771-2225

billing3@injurycenterhouston.com

Statement Date	Balance Due	Patient MRN
04/23/2025	\$5,665.00	CT11532

Make Payment To:

Injury Center Of Houston
 11100 Southwest Fwy
 Houston, TX 77031

Gonzales, Sarah
 1142 Knoll Crest Ct
 Sugar Land, TX 77479

Patient Statement**Statement Preview****Patient:** Gonzales, Sarah - CT11532

Date	Provider	Un	Service	Charge	Tax	Payer Pymnt	Patient Pymnt	Cov by Care Pkg	Disc	Adj	Payer Balance	Patient Balance
02/21/2025	Raymond, Paul	2	95851 - Range of Motion mesurements	\$124.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$124.00
02/21/2025	Raymond, Paul	4	97750 PP - Muscle Testing Manual	\$388.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$388.00
02/21/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
02/21/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
02/19/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
02/19/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
02/17/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
02/17/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
02/13/2025	Meshack, Benjamin	1	99213 - EP Expanded 99213	\$198.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$198.00
02/12/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
02/12/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
02/10/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
02/10/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
02/05/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
02/05/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
02/03/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
02/03/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
01/30/2025	Meshack, Benjamin	1	99213 - EP Expanded 99213	\$198.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$198.00
01/29/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
01/29/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00

Date	Provider	Un	Service	Charge	Tax	Payer Pymnt	Patient Pymnt	Cov by Care Pkg	Disc	Adj	Payer Balance	Patient Balance
01/24/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
01/24/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
01/20/2025	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
01/20/2025	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
01/15/2025	Meshack, Benjamin	1	99213 - EP Expanded 99213	\$198.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$198.00
12/30/2024	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
12/30/2024	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
12/23/2024	Raymond, Paul	2	95851 - Range of Motion measurements	\$124.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$124.00
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12/23/2024	Chen, Chien-Jen	3	97110 GP - Therapeutic Exercise 97110	\$249.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$249.00
12/23/2024	Chen, Chien-Jen	1	G0283 GP - E-Stim G0283	\$51.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51.00
12/17/2024	Meshack, Benjamin	1	99204 - Comprehensive/Moderate Complex 99204	\$447.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$447.00
Totals				\$5,665.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$5,665.00



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 12/17/2024

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: New Patient

Subjective:

Date of Injury: 04/08/2024

Ms Sarah Gonzales first presented to this office on the above date, she was a restrained driver involved in a motor-vehicle collision. The patient states she experienced immediate pain in the thoracic spine and lumbar spine. She states that her pain has persisted since the time of the collision necessitating further evaluation and treatment at this time. Currently, Ms Gonzales complains of aching to sharp, localized pain in her thoracic and lumbar spine. She reports difficulty with bending and stooping. She states that she is not currently taking medication for her injuries.

Objective:

Vitals:

Height: 5' 1"

Weight: 130 lbs

B/P: 135/88

Pulse: 77

Medical History:

Medications: None

Allergy: NKDA

Past Medical History: unremarkable

Family Medical History: diabetes

Review of Systems:

Constitutional: negative for fever, night sweats or weight loss.

Gastrointestinal: negative for heartburn, vomiting, diarrhea, constipation, stomach, or rectal bleeding.

Neurological: negative for radicular symptoms.

Psychiatric: negative for anxiety or depression.

Cardiovascular: negative for palpitation, or chest pain.

Respiratory: negative for wheezing, crackles, or shortness of breath.

Hematological: negative for bleeding and bruising.

Genitourinary: negative for bowel, bladder, or sexual dysfunction.

Physical Examination:

Dominant Hand: right

Deep tendon reflexes:

Patellar(L4): Left 2+/4 Right 2+/4

Achilles(S1): Left 2+/4 Right 2+/4

Gait: The patient's carriage and gait is antalgic

Minor's Sign: positive for pain when rising from the seated position.

Thoracolumbar:

Visual evaluation of the thoracolumbar spine is seen antalgic and visibly stiff and rigid

The patient did not have trouble sitting for the duration of the examination.

The patient had difficulty lying down and rising from the supine position secondary to pain.

The patient's movement appeared to be mildly guarded.

Palpation of the lumbar spine noted moderate tenderness.

Hypertonicity was palpated in the thoracolumbar musculature.

Myospasm was palpated in the thoracolumbar musculature.



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*** Continued From Previous Page ***

Orthopedic:

Straight Leg Raise (Nerve Root Tension Sign):

right- negative

left- negative

AP Compression Test is positive for thoracic spine pain.

Lateral Compression Test is positive for thoracic spine pain.

Kemp's test is positive for localized thoracic and lumbar pain.

Yeoman's test is positive for localized thoracic and lumbar pain, bilateral

Patrick-Fabere test is negative for lumbosacral pain.

Diminished sensation and/or numbness was examined in:

right- unremarkable

left- unremarkable

Lumbar Range of Motion: restricted in some planes

Musculoskeletal - Range of Motion - Thoraco-Lumbar - Active

-Flexion: 45/60 degrees with pain and with stiffness

-Extension: 20/30 degrees with pain and with stiffness

-Left Lat. Flexion: 20/35 degrees with pain and with stiffness

-Right Lat. Flexion: 30/35 degrees with pain and with stiffness

-Left Rotation: 20/30 degrees with pain and with stiffness

-Right Rotation: 30/30 degrees with pain and with stiffness

Myotome Testing:

Lower	Left	Right
Hip Flexors	5/5	5/5
Leg Extensors	5/5	5/5
Hip Extensors	4/5	5/5
Leg Flexors	4/5	5/5
Ankle Dorsiflexors	5/5	5/5
Ankle Plantar Flexors	4/5	5/5
Tibialis Anterior	5/5	5/5

5: Normal-Complete range of motion against gravity with full resistance.

4: Good-Complete range of motion against with some resistance.

3: Fair-Complete range of motion against gravity.

2: Poor-Complete range of motion with gravity eliminated.

1: Trace-Evidence of slight contractility. No joint motion.

0: Zero-No evidence of contractility.

Assessment:

Encounter Diagnoses

ICD10	Description
S23.3XXA	Sprain of ligaments of thoracic spine, initial encounter
S33.5XXA	Sprain of ligaments of lumbar spine, initial encounter



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Appointment Type: New Patient
*** Continued From Previous Page ***

Plan:

Physical Medicine/Active Care: As Prescribed

Begin physical medicine including the use of ice packs, moist heat, electrical muscle stimulation, and ultrasound in order to reduce soft tissue swelling, reduce pain levels, reduce muscle spasm, reduce myofascial trigger points, and reduce fibrotic adhesion. Manual therapy including joint mobilization and myofascial release will be performed in order to reduce myofascial pain and improve biomechanical function. The patient will focus on improving range of motion, strength, and functional performance by the means of therapeutic activities and exercises. If the patient does not progress with medical treatment, the patient will be referred for further diagnostic testing as medically necessary.

Referrals/Specialist: None

DME: None

Mental Health: None

Work Status: N/A

Follow-up: I will follow-up with the Ms Gonzales in 2 weeks.

Discussion/Other/RX:

Opinion: Within reasonable medical probability, based on exam findings and the history as reported by the patient, the injuries sustained by this patient were a direct result of the accident occurring on the above referenced date.

I have discussed the findings of this examination with Ms Gonzales. The discussion included a complete verbal explanation of the examination results, diagnosis and planned treatment(s). A schedule for future care needs was explained. Ms Gonzales verbalizes understanding of these instructions at this time.

Benjamin Meshack, D.C. TX11658

Certified Texas Designated Doctor and Impairment Evaluating Physician.

Meshack, Benjamin

12/27/2024 3:27 PM



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 12/23/2024

Case: PI South - Gradual

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain, Muscle weakness, and Restricted AROM

Ms Gonzales stated that she is having a "bad" day and her pain levels are generally increased today.

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales stated that her condition has flared up today.

Ms Gonzales stated she is not able to sleep well due to pain and stiffness, waking frequently throughout the night.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

TORSO LIFT III: Lie face down with a pillow under your stomach. Next, lift your head and sternum (chest bone) off the table/bed/floor. Then return to starting position. Keep your neck in neutral position with chin slightly tucked the entire time. Rest: 1 minute between sets. Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

SEATED BALL TRUNK ROTATIONS III: Start in a seated position in a chair and lift an exercise ball out in front of your body with elbows extended. Then, slowly rotate your trunk to one side and then the other side and repeat. Rest: 1 minute between sets. Duration: 6 minutes. Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets Perform 2 Times a Day.

Deadbug - Reverse Dogbird III: Start laying down with your hips and knees flexed in a 90 degree angle. Hold a pilates or a medicine ball between your knees and arm, hold arms straight above shoulders.

Lift RIGHT arm overhead and straighten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest: 1 minute between sets.



Patient: Gonzales, Sarah

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Appointment Type: Active Care
*** Continued From Previous Page ***

Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Resist Shoulder Flex Supine on Ball w/Elastic: Attach elastic to secure object. Lie on back on ball, face up, knees bent, back straight. Grasp elastic in both hands and pull elastic over head, keeping elbows straight. Return to start position and repeat. Keep back straight. Perform 3 sets of 1 Minute. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Lumbar Bridging Bilaterally on Ball III: Lie on back with knees bent over ball as shown. Lift buttocks off floor. Maintain neutral spine. Return to start position. Perform 1 repetition every 4 Seconds. Complete 3 sets of 15 repetitions. Rest 1 Minute between sets. Duration: 5 minutes

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

Ms Gonzales was able to improve increased AROM with moderate mid thoracic and lumbar discomfort.

The patient has suffered an exacerbation of the condition.

Patient reported decreased range of motion/movement capabilities.

The patient experienced and/or notices aggravation of symptoms due to/with stress.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional ability.



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Case: PI South - Gradual

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Appointment Type: Active Care
*** Continued From Previous Page ***

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Injury Center of Houston

An Affiliate of ICH Healthcare, P.A.

11100 Southwest Freeway

Houston, Texas 77031

U.S.A.

Phone 713-771-2225

Fax 713-771-1876

ich@injurycenterhouston.com

Functional Improvement Measures

Important Notice: This report contains protected health information that may not be used or disclosed unless authorized by the patient or specifically permitted by the Health Insurance Portability and Accountability Act (HIPAA).

Patient Information

Name: Sarah Gonzales
Patient ID: XXX-XX-XXXX
Gender: Female
Birth Date: 3/8/2005
Dominant Hand: Right
Evaluator: Dr. Paul Raymond, D.C.

Primary Insurance

Statement of Medical Necessity

Computerized Muscle Testing (CMT) and Range of Motion (ROM) are medically necessary to follow the functional progress and changes throughout the period of the patient's physical medicine and rehabilitation treatment. Findings from these exams determine the extent of function loss and assist in the development and modification of the treatment plan.

ODG:

Functional improvement measures	<p>Recommended. Restoration of function should be the primary measure of treatment success. Functional improvement measures should be used over the course of treatment to demonstrate progress in return to functionality, and to justify further use of ongoing treatment methods. They should include the following categories:</p> <p><u>Work Functions and/or Activities of Daily Living, Self Report of Disability</u> (e.g., walking, driving, keyboard or lifting tolerance, Oswestry, pain scales, return-to-work, etc.)</p> <p><u>Physical Impairments</u> (e.g., joint ROM, muscle flexibility, strength, or endurance deficits)</p> <p><u>Approach to Self-Care and Education</u> (e.g., reduced reliance on other treatments, modalities, or medications, such as reduced use of painkillers) See the Pain Chapter for more information and references.</p>
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The patient will be retested in 2-4 weeks to measure progress. At the end of treatment, the patient will be retested to assess outcome and prepare a home exercise / maintenance program.

Range of Motion - Inclinometry

Spine Range of Motion

The patient's active range of motion was objectively evaluated with Tracker ROM from JTECH Medical using the dual inclinometry protocols outlined in the AMA Guides to the Evaluation of Permanent Impairment.

Thoracic ROM	Norm	Result	Difference	% Norm
Thoracic Lateral Left	45°	33°	12°	73%
Thoracic Lateral Right	45°	27°	18°	60%

Lumbar ROM	Norm	Result	Difference	% Norm
Lumbar Flexion	60°	45°	15°	75%
Lumbar Extension	25°	20°	5°	80%
Lumbar Lateral Left	25°	24°	1°	96%
Lumbar Lateral Right	25°	25°	0°	100%

Unless otherwise noted, the table(s) above show current test results compared to American Medical Association normative values.

Muscle Strength Testing

Muscle Tests

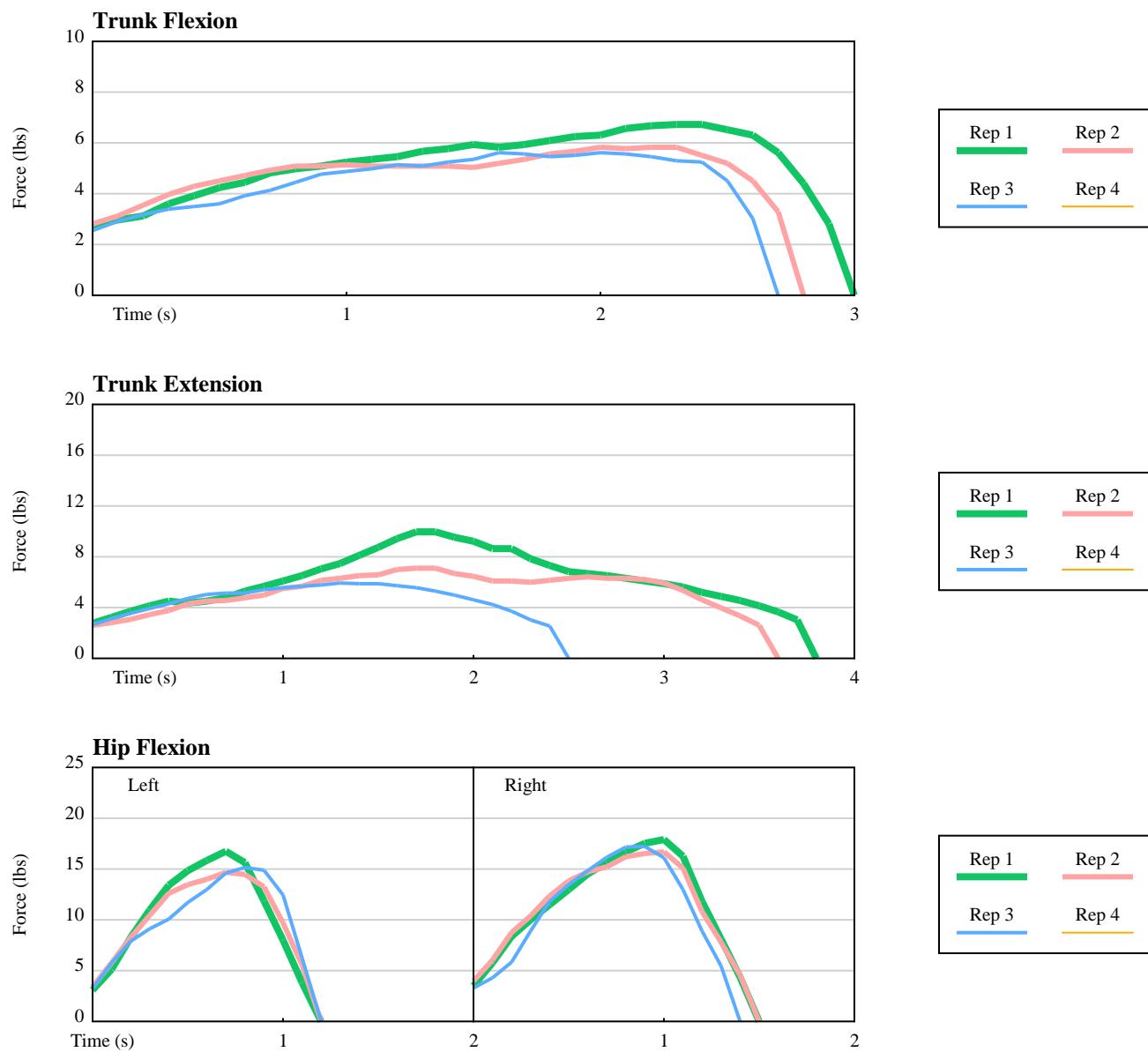
The patient was tested using the JTECH Tracker system, a computerized muscle strength evaluation system. When compared to the opposite side, a strength difference greater than 15% is generally recognized as an indication of motor deficit.

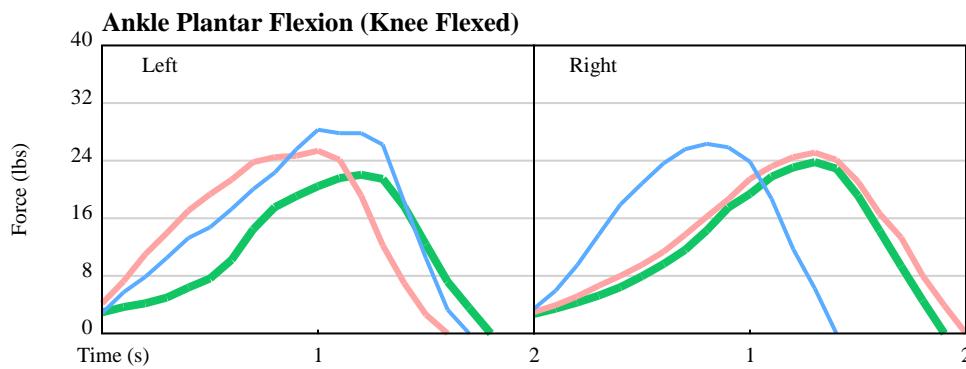
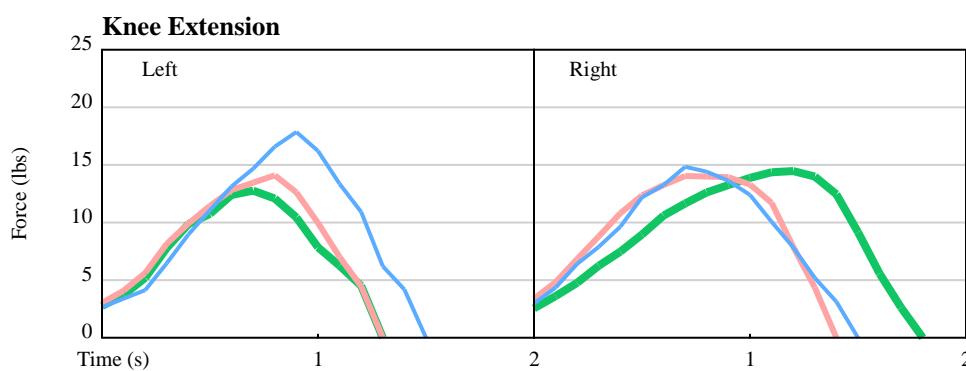
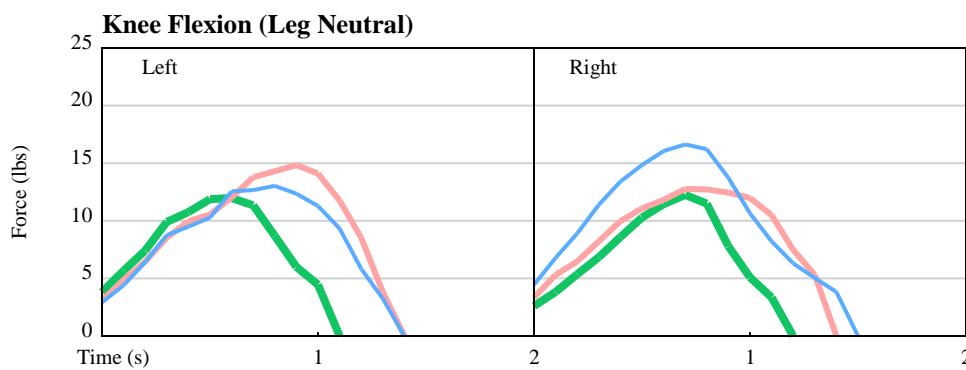
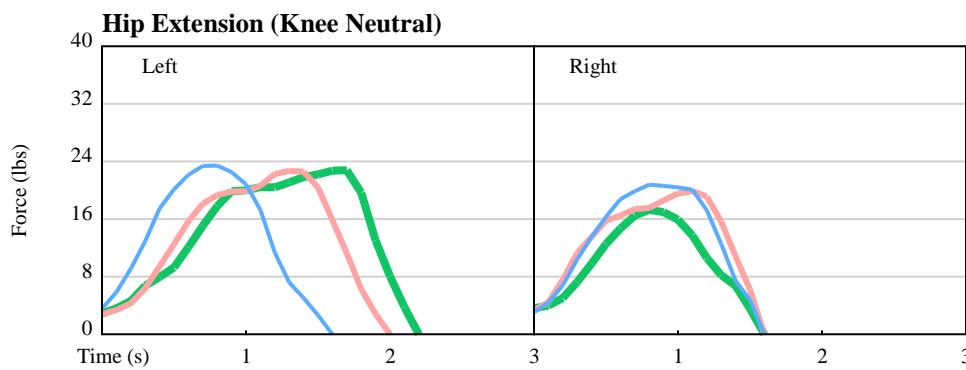
Neck/Trunk Muscle Tests	Result		CV		Difference
	Left	Right	Left	Right	
Trunk Flexion	6.1 lbs		8%		-
Trunk Extension	6.5 lbs		9%		-

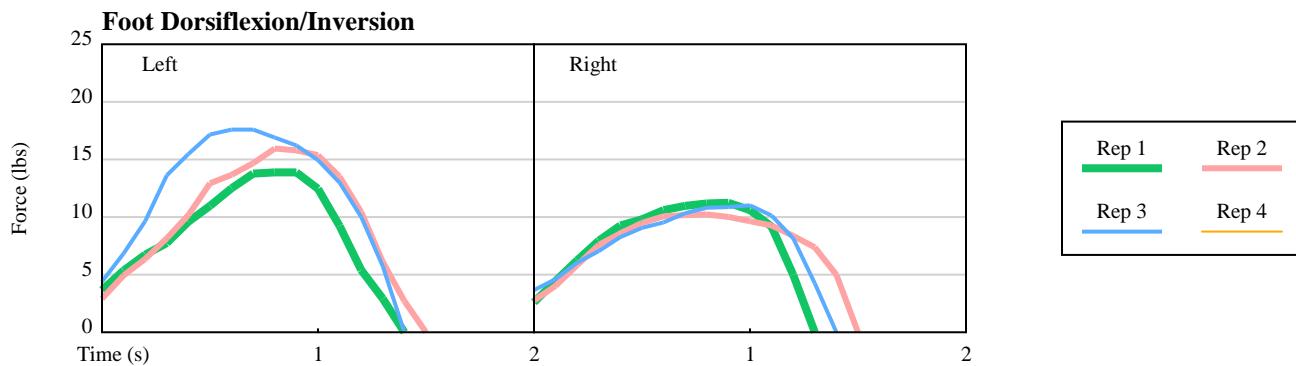
Lower Extremity Muscle Tests	Result		CV		Difference
	Left	Right	Left	Right	
Hip Flexion	15.5 lbs	17.3 lbs	6%	3%	-10% L
Hip Extension (Knee Neutral)	23.0 lbs	19.3 lbs	1%	8%	-16% R
Knee Flexion (Leg Neutral)	13.3 lbs	13.9 lbs	9%	14%	-4% L
Knee Extension	14.9 lbs	14.4 lbs	14%	2%	-3% R
Ankle Plantar Flexion (Knee Flexed)	25.2 lbs	25.1 lbs	10%	4%	-1% R
Foot Dorsiflexion/Inversion	15.8 lbs	10.8 lbs	10%	4%	-32% R

Consistency of the patient's muscle strength was evaluated using coefficient of variation (CV) with

consistency indicated by successive repetitions falling below 15%.







Calibration Certificate

Date of Examination	Device Type	Device ID
12/23/2024	Muscle Tester	1C8582

Last Zero Calibration

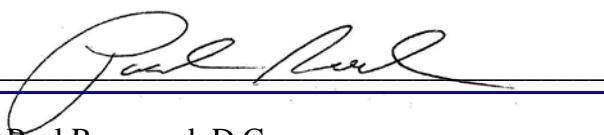
Date & Time	Drift from Factory Calibration	JTECH Recommended Drift Limits
12/23/2024 9:42:02 AM	-6.3%	±20%

Summary/Discussion

The patient currently reports the overall pain as a 3, on a scale of 0 to 10, where 10 means an ambulance is needed. The patient currently reports mid back and low back pain. The patient describes the mid back pain as an aching pain that comes and goes. The patient describes the low back pain as a constant pulling and aching pain. The patient demonstrated range of motion deficit in the mid back and low back. The patient demonstrated strength deficit in the right hip and right ankle, when compared bilaterally.

I, the undersigned, confirm that all data shown in the report was collected in a controlled environment and, to our knowledge, are accurate.

Evaluator:



Date: 12/23/2024

Paul Raymond, D.C.



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 12/30/2024

Case: PI South - Gradual

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales feels that she is experiencing increased stiffness in the mid thoracic and lumbar area(s) today.

Ms Gonzales stated that she is having a "bad" day and her pain levels are generally increased today.

Ms Gonzales states she feels more fatigued and weak today as a result of pain.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Sidelying Upper Trunk Rot III: While lying on your side, flex the top hip to 90 degrees and support the knee with a ball or foam roller. Start with your arms together, then rotate the top arm and shoulder as pictured. Maintain contact between your knee and the ball/roller. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day.

Deadbug - Reverse Dogbird III: Start laying down with your hips and knees flexed in a 90 degree angle. Hold a pilates or a medicine between your knees and arm, hold arms strait above shoulders.

Lift RIGHT arm overhead and straiten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest:1 minute between sets. Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Wood Chops III: Keep core tight, elbows straight. Start with ball on right bottom, bring ball to the center, then over head to the opposite side. Return to starting position. Rest: 1 minute between sets. Duration: 6 minutes



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

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Appointment Type: Active Care
*** Continued From Previous Page ***

Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Lumbar ROM with Wobble Board III: Stand on a wobble board in neutral with arms crossed as shown. Rotate to the left as far as comfortable. Hold for 20 seconds. Rotate to the right as far as comfortable. Hold for 20 seconds. Return to Neutral position. Repeat 3 times. Laterally flex (bend) to the left as far as comfortable. Hold 20 seconds. Laterally flex (bend) to the right as far as comfortable. Hold 20 seconds. Return to neutral position. Repeat 3 times. Bend forward (flexion) as far as comfortable. Hold for 20 seconds. Bend backward (extension) as far as comfortable. Hold for 20 seconds. Repeat 3 times. Duration: 5 minutes.

AROM knee wall slide bil partial w/Ball: Place ball between back and wall. Slowly bend knees to 45 degrees. Hold for 5 seconds, and return to standing position. Repeat. Maintain proper low back posture. Perform 3 sets of 20 Repetitions. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

Ms Gonzales was not able to improve increased AROM with minimal mid thoracic and lumbar discomfort.

The patient continues to show functional deficit inability to perform ADLs.

Patient reported decreased range of motion/movement capabilities.

The patient experienced an aggravation of the condition.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 12/30/2024

Case: PI South - Gradual

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/15/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam

Subjective:

Date of Injury: 04/08/2024

UPDATE: Ms Gonzales continues to report moderate, aching to sharp, localized pain in her thoracic and lumbar spine regions. Despite increased thoracolumbar ranges of motion with therapy, she continues to report difficulty with bending and stooping from the waist. She reports mild thoracolumbar paraspinal muscle stiffness decreased with therapy, stretching and heat. We will continue stretching and strengthening exercises to restore full spinal ranges of motion and function. We will also request MRI testing of the thoracic and lumbar spine regions to rule out the presence of internal derangements causing her current complaints.

HPI: Ms Sarah Gonzales was a restrained driver involved in a motor-vehicle collision. The patient states she experienced immediate pain in the thoracic spine and lumbar spine. She states that her pain has persisted since the time of the collision necessitating further evaluation and treatment at this time.

Objective:

Vitals:

Height: 5' 1"

Weight: 130 lbs

B/P: 77/38

Pulse: 47

Medical History:

Medications: None

Allergy: NKDA

Past Medical History: unremarkable

Family Medical History: diabetes

Review of Systems:

Constitutional: negative for fever, night sweats or weight loss.

Gastrointestinal: negative for heartburn, vomiting, diarrhea, constipation, stomach, or rectal bleeding.

Neurological: negative for radicular symptoms.

Psychiatric: negative for anxiety or depression.

Cardiovascular: negative for palpitation, or chest pain.

Respiratory: negative for wheezing, crackles, or shortness of breath.

Hematological: negative for bleeding and bruising.

Genitourinary: negative for bowel, bladder, or sexual dysfunction.

Physical Examination:

Dominant Hand: right

Deep tendon reflexes:

Patellar(L4): Left 2+/4 Right 2+/4

Achilles(S1): Left 2+/4 Right 2+/4

Gait: The patient's carriage and gait is antalgic

Minor's Sign: positive for pain when rising from the seated position.

Thoracolumbar:

Visual evaluation of the thoracolumbar spine is seen antalgic and visibly stiff and rigid

The patient did not have trouble sitting for the duration of the examination.

The patient had difficulty lying down and rising from the supine position secondary to pain.



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/15/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam
*** Continued From Previous Page ***

The patient's movement appeared to be mildly guarded.
Palpation of the lumbar spine noted moderate tenderness.
Hypertonicity was palpated in the thoracolumbar musculature.
Myospasm was palpated in the thoracolumbar musculature.
Orthopedic:
Straight Leg Raise (Nerve Root Tension Sign):
right- negative
left- negative
AP Compression Test is positive for thoracic spine pain.
Lateral Compression Test is positive for thoracic spine pain.
Kemp's test is positive for localized thoracic and lumbar pain.
Yeoman's test is positive for localized thoracic and lumbar pain, bilateral
Patrick-Fabere test is negative for lumbosacral pain.
Diminished sensation and/or numbness was examined in:
right- unremarkable
left- unremarkable
Lumbar Range of Motion: restricted in some planes

Myotome Testing:

Lower	Left	Right
Hip Flexors	5/5	5/5
Leg Extensors	5/5	5/5
Hip Extensors	4/5	5/5
Leg Flexors	4/5	5/5
Ankle Dorsiflexors	5/5	5/5
Ankle Plantar Flexors	5/5	5/5
Tibialis Anterior	5/5	5/5

- 5: Normal-Complete range of motion against gravity with full resistance.
4: Good-Complete range of motion against with some resistance.
3: Fair-Complete range of motion against gravity.
2: Poor-Complete range of motion with gravity eliminated.
1: Trace-Evidence of slight contractility. No joint motion.
0: Zero-No evidence of contractility.

Assessment:

Encounter Diagnoses

ICD10	Description
S23.3XXA	Sprain of ligaments of thoracic spine, initial encounter
S33.5XXA	Sprain of ligaments of lumbar spine, initial encounter

Plan:

Physical Medicine/Active Care: As Prescribed



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/15/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam
*** Continued From Previous Page ***

Continue physical medicine including the use of ice packs, moist heat, electrical muscle stimulation, and ultrasound in order to reduce soft tissue swelling, reduce pain levels, reduce muscle spasm, reduce myofascial trigger points, and reduce fibrotic adhesion. Manual therapy including joint mobilization and myofascial release will be performed in order to reduce myofascial pain and improve biomechanical function. The patient will focus on improving range of motion, strength, and functional performance by the means of therapeutic activities and exercises.

Referrals/Specialist: As Prescribed

Refer for MRI of the thoracic spine and lumbar spine as the patient continues to experience pain and/or persisting radiculopathy and has failed all other conservative measures.

DME: None

Mental Health: None

Work Status: N/A

Follow-up: I will follow-up with the Ms Gonzales in 2 weeks.

Discussion/Other/RX:

Opinion: Within reasonable medical probability, based on exam findings and the history as reported by the patient, the injuries sustained by this patient were a direct result of the accident occurring on the above referenced date.

I have discussed the findings of this examination with Ms Gonzales. The discussion included a complete verbal explanation of the examination results, diagnosis and planned treatment(s). A schedule for future care needs was explained. Ms Gonzales verbalizes understanding of these instructions at this time.

Benjamin Meshack, D.C. TX11658

Certified Texas Designated Doctor and Impairment Evaluating Physician.

Meshack, Benjamin

1/15/2025 11:53 AM



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/20/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales stated she is not able to sleep well due to pain and stiffness, waking frequently throughout the night.

Ms Gonzales noted that they have not felt any significant changes from the last visit.

Ms Gonzales stated that her condition has flared up today.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Sidelying Upper Trunk Rot III: While lying on your side, flex the top hip to 90 degrees and support the knee with a ball or foam roller. Start with your arms together, then rotate the top arm and shoulder as pictured. Maintain contact between your knee and the ball/roller. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day.

Deadbug - Reverse Dogbird III: Start laying down with your hips and knees flexed in a 90 degree angle. Hold a pilates or a medicine between your knees and arm, hold arms straight above shoulders.

Lift RIGHT arm overhead and straighten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest: 1 minute between sets. Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Wood Chops III: Keep core tight, elbows straight. Start with ball on right bottom, bring ball to the center, then over head to the opposite side. Return to starting position. Rest: 1 minute between sets. Duration: 6 minutes

Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/20/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Lumbar ROM with Wobble Board III: Stand on a wobble board in neutral with arms crossed as shown. Rotate to the left as far as comfortable. Hold for 20 seconds. Rotate to the right as far as comfortable. Hold for 20 seconds. Return to Neutral position. Repeat 3 times. Laterally flex (bend) to the left as far as comfortable. Hold 20 seconds. Laterally flex (bend) to the right as far as comfortable. Hold 20 seconds. Return to neutral position. Repeat 3 times. Bend forward (flexion) as far as comfortable. Hold for 20 seconds. Bend backward (extension) as far as comfortable. Hold for 20 seconds. Repeat 3 times. Duration: 5 minutes.

AROM knee wall slide bil partial w/Ball: Place ball between back and wall. Slowly bend knees to 45 degrees. Hold for 5 seconds, and return to standing position. Repeat. Maintain proper low back posture. Perform 3 sets of 20 Repetitions. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

The patient reported a flare up of pain today.

The patient experienced and/or notices aggravation of symptoms due to/with stress.

The patient experienced and/or notices aggravation of symptoms due to/with activities of daily living.

The patient experience and/or notices aggravation of symptoms due to/with prolonged walking activity.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/20/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/24/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales noted that they have not felt any significant changes from the last visit.

Ms Gonzales stated that her condition has flared up today.

Ms Gonzales stated she is not able to sleep well due to pain and stiffness, waking frequently throughout the night.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Sidelying Upper Trunk Rot III: While lying on your side, flex the top hip to 90 degrees and support the knee with a ball or foam roller. Start with your arms together, then rotate the top arm and shoulder as pictured. Maintain contact between your knee and the ball/roller. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day.

Deadbug - Reverse Dogbird III: Start laying down with your hips and knees flexed in a 90 degree angle. Hold a pilates or a medicine between your knees and arm, hold arms straight above shoulders.

Lift RIGHT arm overhead and straighten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest: 1 minute between sets. Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Wood Chops III: Keep core tight, elbows straight. Start with ball on right bottom, bring ball to the center, then over head to the opposite side. Return to starting position. Rest: 1 minute between sets. Duration: 6 minutes

Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/24/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Lumbar ROM with Wobble Board III: Stand on a wobble board in neutral with arms crossed as shown. Rotate to the left as far as comfortable. Hold for 20 seconds. Rotate to the right as far as comfortable. Hold for 20 seconds. Return to Neutral position. Repeat 3 times. Laterally flex (bend) to the left as far as comfortable. Hold 20 seconds. Laterally flex (bend) to the right as far as comfortable. Hold 20 seconds. Return to neutral position. Repeat 3 times. Bend forward (flexion) as far as comfortable. Hold for 20 seconds. Bend backward (extension) as far as comfortable. Hold for 20 seconds. Repeat 3 times. Duration: 5 minutes.

AROM knee wall slide bil partial w/Ball: Place ball between back and wall. Slowly bend knees to 45 degrees. Hold for 5 seconds, and return to standing position. Repeat. Maintain proper low back posture. Perform 3 sets of 20 Repetitions. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

The patient experienced and/or notices aggravation of symptoms due to/with activities of daily living.

The patient experience and/or notices aggravation of symptoms due to/with prolonged walking activity.

The patient reported a flare up of pain today.

The patient experienced and/or notices aggravation of symptoms due to/with stress.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/24/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/29/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales stated that her condition has flared up today.

Ms Gonzales stated she is not able to sleep well due to pain and stiffness, waking frequently throughout the night.

Ms Gonzales noted that they have not felt any significant changes from the last visit.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

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Lift RIGHT arm overhead and straighten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest: 1 minute between sets. Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Wood Chops III: Keep core tight, elbows straight. Start with ball on right bottom, bring ball to the center, then over head to the opposite side. Return to starting position. Rest: 1 minute between sets. Duration: 6 minutes

Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/29/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Lumbar ROM with Wobble Board III: Stand on a wobble board in neutral with arms crossed as shown. Rotate to the left as far as comfortable. Hold for 20 seconds. Rotate to the right as far as comfortable. Hold for 20 seconds. Return to Neutral position. Repeat 3 times. Laterally flex (bend) to the left as far as comfortable. Hold 20 seconds. Laterally flex (bend) to the right as far as comfortable. Hold 20 seconds. Return to neutral position. Repeat 3 times. Bend forward (flexion) as far as comfortable. Hold for 20 seconds. Bend backward (extension) as far as comfortable. Hold for 20 seconds. Repeat 3 times. Duration: 5 minutes.

AROM knee wall slide bil partial w/Ball: Place ball between back and wall. Slowly bend knees to 45 degrees. Hold for 5 seconds, and return to standing position. Repeat. Maintain proper low back posture. Perform 3 sets of 20 Repetitions. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

The patient reported a flare up of pain today.

The patient experienced and/or notices aggravation of symptoms due to/with stress.

The patient experienced and/or notices aggravation of symptoms due to/with activities of daily living.

The patient experience and/or notices aggravation of symptoms due to/with prolonged walking activity.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/29/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/30/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam

Subjective:

Date of Injury: 04/08/2024

UPDATE: Ms Gonzales continues to report mild to moderate, aching to sharp, localized pain in her thoracic and lumbar spine regions. Despite increased thoracolumbar ranges of motion with therapy, she continues to report difficulty with bending and stooping from the waist. She reports mild thoracolumbar paraspinal muscle stiffness decreased with therapy, stretching and heat. We will continue stretching and strengthening exercises to restore full spinal ranges of motion and function. MRI testing of the thoracic and lumbar spine regions was performed on 1/28/2025 revealing a mild 2mm disc herniation at the L5/S1 level with mild bilateral facet arthrosis. We will refer the patient to a pain management specialist to determine if she might be a candidate for injections.

HPI: Ms Sarah Gonzales was a restrained driver involved in a motor-vehicle collision. The patient states she experienced immediate pain in the thoracic spine and lumbar spine. She states that her pain has persisted since the time of the collision necessitating further evaluation and treatment at this time.

Objective:

Vitals:

Height: 5' 1"

Weight: 130 lbs

B/P: 128/83

Pulse: 82

Medical History:

Medications: None

Allergy: NKDA

Past Medical History: unremarkable

Family Medical History: diabetes

Review of Systems:

Constitutional: negative for fever, night sweats or weight loss.

Gastrointestinal: negative for heartburn, vomiting, diarrhea, constipation, stomach, or rectal bleeding.

Neurological: negative for radicular symptoms.

Psychiatric: negative for anxiety or depression.

Cardiovascular: negative for palpitation, or chest pain.

Respiratory: negative for wheezing, crackles, or shortness of breath.

Hematological: negative for bleeding and bruising.

Genitourinary: negative for bowel, bladder, or sexual dysfunction.

Physical Examination:

Dominant Hand: right

Deep tendon reflexes:

Patellar(L4): Left 2+/4 Right 2+/4

Achilles(S1): Left 2+/4 Right 2+/4

Gait: The patient's carriage and gait is mildly antalgic

Minor's Sign: positive for pain when rising from the seated position.

Thoracolumbar:

Visual evaluation of the thoracolumbar spine is seen antalgic and visibly stiff and rigid

The patient did not have trouble sitting for the duration of the examination.



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/30/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam
*** Continued From Previous Page ***

The patient had difficulty lying down and rising from the supine position secondary to pain.

The patient's movement appeared to be mildly guarded.

Palpation of the lumbar spine noted mild/moderate tenderness.

Hypertonicity was palpated in the thoracolumbar musculature.

Myospasm was palpated in the thoracolumbar musculature.

Orthopedic:

Straight Leg Raise (Nerve Root Tension Sign):

right- negative

left- negative

AP Compression Test is positive for thoracic spine pain.

Lateral Compression Test is positive for thoracic spine pain.

Kemp's test is positive for localized thoracic and lumbar pain.

Yeoman's test is positive for localized thoracic and lumbar pain, bilateral

Patrick-Fabere test is negative for lumbosacral pain.

Diminished sensation and/or numbness was examined in:

right- unremarkable

left- unremarkable

Lumbar Range of Motion: restricted in some planes

Myotome Testing:

Lower	Left	Right
Hip Flexors	5/5	5/5
Leg Extensors	5/5	5/5
Hip Extensors	4/5	5/5
Leg Flexors	4/5	5/5
Ankle Dorsiflexors	5/5	5/5
Ankle Plantar Flexors	5/5	5/5
Tibialis Anterior	5/5	5/5

5: Normal-Complete range of motion against gravity with full resistance.

4: Good-Complete range of motion against with some resistance.

3: Fair-Complete range of motion against gravity.

2: Poor-Complete range of motion with gravity eliminated.

1: Trace-Evidence of slight contractility. No joint motion.

0: Zero-No evidence of contractility.

Assessment:

Encounter Diagnoses

ICD10	Description
S23.3XXA	Sprain of ligaments of thoracic spine, initial encounter
S33.5XXA	Sprain of ligaments of lumbar spine, initial encounter

Plan:



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 01/30/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam
*** Continued From Previous Page ***

Physical Medicine/Active Care: As Prescribed

Continue physical medicine including the use of ice packs, moist heat, electrical muscle stimulation, and ultrasound in order to reduce soft tissue swelling, reduce pain levels, reduce muscle spasm, reduce myofascial trigger points, and reduce fibrotic adhesion. Manual therapy including joint mobilization and myofascial release will be performed in order to reduce myofascial pain and improve biomechanical function. The patient will focus on improving range of motion, strength, and functional performance by the means of therapeutic activities and exercises.

Referrals/Specialist: As Prescribed

Refer for an Interventional pain management consultation for the thoracolumbar spine as the patient failed other conservative efforts. Based on the patient's history and diagnostic findings she may benefit from an epidural steroid injection, facet joint injection or trigger point injection.

DME: None

Mental Health: None

Work Status: N/A

Follow-up: I will follow-up with Ms Gonzales in 2 weeks.

Discussion/Other/RX:

Opinion: Within reasonable medical probability, based on exam findings and the history as reported by the patient, the injuries sustained by this patient were a direct result of the accident occurring on the above referenced date.

I have discussed the findings of this examination with Ms Gonzales. The discussion included a complete verbal explanation of the examination results, diagnosis and planned treatment(s). A schedule for future care needs was explained. Ms Gonzales verbalizes understanding of these instructions at this time.

Benjamin Meshack, D.C. TX11658

Certified Texas Designated Doctor and Impairment Evaluating Physician.

A handwritten signature in black ink that reads "Benjamin Meshack, DC".

Meshack, Benjamin

1/30/2025 11:39 AM



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/03/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales stated that her condition has flared up today.

Ms Gonzales stated that her pain level is elevated at this time.

Ms Gonzales stated she is not able to sleep well due to pain and stiffness, waking frequently throughout the night.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Sidelying Upper Trunk Rot III: While lying on your side, flex the top hip to 90 degrees and support the knee with a ball or foam roller. Start with your arms together, then rotate the top arm and shoulder as pictured. Maintain contact between your knee and the ball/roller. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day.

Deadbug - Reverse Dogbird III: Start laying down with your hips and knees flexed in a 90 degree angle. Hold a pilates or a medicine between your knees and arm, hold arms strait above shoulders.

Lift RIGHT arm overhead and straiten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest:1 minute between sets.

Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

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Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/03/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Lumbar ROM with Wobble Board III: Stand on a wobble board in neutral with arms crossed as shown. Rotate to the left as far as comfortable. Hold for 20 seconds. Rotate to the right as far as comfortable. Hold for 20 seconds. Return to Neutral position. Repeat 3 times. Laterally flex (bend) to the left as far as comfortable. Hold 20 seconds. Laterally flex (bend) to the right as far as comfortable. Hold 20 seconds. Return to neutral position. Repeat 3 times. Bend forward (flexion) as far as comfortable. Hold for 20 seconds. Bend backward (extension) as far as comfortable. Hold for 20 seconds. Repeat 3 times. Duration: 5 minutes.

AROM knee wall slide bil partial w/Ball: Place ball between back and wall. Slowly bend knees to 45 degrees. Hold for 5 seconds, and return to standing position. Repeat. Maintain proper low back posture. Perform 3 sets of 20 Repetitions. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

The patient has suffered an exacerbation of the condition.

The patient experienced and/or notices aggravation of symptoms due to/with sleeping in a "wrong" bad position.

The patient experienced and/or notices aggravation of symptoms due to/with activities of daily living.

Patient reported decreased range of motion/movement capabilities.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/03/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/05/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

Ms Gonzales reported difficulty performing her ADLs as a result of her pain and injuries.

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales stated that her condition has flared up today.

Ms Gonzales stated that her pain level is elevated at this time.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

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Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

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Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
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Lumbar Phase III

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Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

The patient tolerated all procedures well and demonstrated good response to care.

The patient demonstrated improved posture after medical treatment was provided.

The patient experienced an aggravation of the condition.

The patient has suffered an exacerbation of the condition.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional ability.



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Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/05/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/10/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

Ms Gonzales reported difficulty performing her ADLs as a result of her pain and injuries.

Ms Gonzales stated that her condition has flared up today.

Ms Gonzales stated that her pain level is elevated at this time.

The patient stated that they are not able to function well today as a result of her pain.

Objective:

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Thoracic Phase III

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Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/10/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Lumbar Phase III

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Assessment:

Summary of Patient Overall Performance on this Visit:

The patient experienced an aggravation of the condition.

The patient has suffered an exacerbation of the condition.

The patient tolerated all procedures well and demonstrated good response to care.

The patient demonstrated improved posture after medical treatment was provided.

Plan:

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional ability.



Injury Center of Houston
11100 Southwest Fwy
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Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/10/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/12/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

The patient stated that they are not able to function well today as a result of her pain.

Ms Gonzales stated that her condition has flared up today.

Ms Gonzales stated that her pain level is elevated at this time.

Ms Gonzales stated she is not able to sleep well due to pain and stiffness, waking frequently throughout the night.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

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Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/12/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

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Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Encounter Diagnoses

ICD10	Description
S23.3XXA	Sprain of ligaments of thoracic spine, initial encounter
S33.5XXA	Sprain of ligaments of lumbar spine, initial encounter

Summary of Patient Overall Performance on this Visit:

The patient experienced an aggravation of the condition.

The patient has suffered an exacerbation of the condition.

The patient tolerated all procedures well and demonstrated good response to care.

The patient demonstrated improved posture after medical treatment was provided.

Plan:



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/12/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/13/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam

Subjective:

Date of Injury: 04/08/2024

UPDATE: Ms Gonzales reports worsened sharpness of localized pain in her thoracic and lumbar spine regions today. Despite increased thoracolumbar ranges of motion with therapy, she continues to report difficulty with bending and stooping from the waist. She does report mild thoracolumbar paraspinal muscle stiffness decreased with therapy, stretching and heat. We will continue stretching and strengthening exercises to restore full spinal ranges of motion and function. MRI testing of the thoracic and lumbar spine regions was performed on 1/28/2025 revealing a mild 2mm disc herniation at the L5/S1 level with mild bilateral facet arthrosis. We have referred the patient to Olympic Spine for a pain management consult to determine if she might be a candidate for injections.

HPI: Ms Sarah Gonzales was a restrained driver involved in a motor-vehicle collision. The patient states she experienced immediate pain in the thoracic spine and lumbar spine. She states that her pain has persisted since the time of the collision necessitating further evaluation and treatment at this time.

Objective:

Vitals:

Height: 5' 1"

Weight: 130 lbs

B/P: 128/68

Pulse: 82

Medical History:

Medications: None

Allergy: NKDA

Past Medical History: unremarkable

Family Medical History: diabetes

Review of Systems:

Constitutional: negative for fever, night sweats or weight loss.

Gastrointestinal: negative for heartburn, vomiting, diarrhea, constipation, stomach, or rectal bleeding.

Neurological: negative for radicular symptoms.

Psychiatric: negative for anxiety or depression.

Cardiovascular: negative for palpitation, or chest pain.

Respiratory: negative for wheezing, crackles, or shortness of breath.

Hematological: negative for bleeding and bruising.

Genitourinary: negative for bowel, bladder, or sexual dysfunction.

Physical Examination:

Dominant Hand: right

Deep tendon reflexes:

Patellar(L4): Left 2+/4 Right 2+/4

Achilles(S1): Left 2+/4 Right 2+/4

Gait: The patient's carriage and gait is antalgic

Minor's Sign: positive for pain when rising from the seated position.

Thoracolumbar:

Visual evaluation of the thoracolumbar spine is seen antalgic and visibly stiff and rigid

The patient did not have trouble sitting for the duration of the examination.



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/13/2025

Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam
*** Continued From Previous Page ***

The patient had difficulty lying down and rising from the supine position secondary to pain.

The patient's movement appeared to be mildly guarded.

Palpation of the lumbar spine noted moderate tenderness.

Hypertonicity was palpated in the thoracolumbar musculature.

Myospasm was palpated in the thoracolumbar musculature.

Orthopedic:

Straight Leg Raise (Nerve Root Tension Sign):

right- negative

left- negative

AP Compression Test is positive for thoracic spine pain.

Lateral Compression Test is positive for thoracic spine pain.

Kemp's test is positive for localized thoracic and lumbar pain.

Yeoman's test is positive for localized thoracic and lumbar pain, bilateral

Patrick-Fabere test is negative for lumbosacral pain.

Diminished sensation and/or numbness was examined in:

right- unremarkable

left- unremarkable

Lumbar Range of Motion: restricted in some planes

Myotome Testing:

Lower	Left	Right
Hip Flexors	5/5	5/5
Leg Extensors	5/5	5/5
Hip Extensors	4/5	5/5
Leg Flexors	4/5	5/5
Ankle Dorsiflexors	5/5	5/5
Ankle Plantar Flexors	5/5	5/5
Tibialis Anterior	5/5	5/5

5: Normal-Complete range of motion against gravity with full resistance.

4: Good-Complete range of motion against with some resistance.

3: Fair-Complete range of motion against gravity.

2: Poor-Complete range of motion with gravity eliminated.

1: Trace-Evidence of slight contractility. No joint motion.

0: Zero-No evidence of contractility.

Assessment:

Encounter Diagnoses

ICD10	Description
S23.3XXA	Sprain of ligaments of thoracic spine, initial encounter
S33.5XXA	Sprain of ligaments of lumbar spine, initial encounter

Plan:



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Patient: Gonzales, Sarah

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Case: PI South - 04/08/2024

Provider: Meshack, Benjamin

Appointment Type: Re-Exam
*** Continued From Previous Page ***

Physical Medicine/Active Care: As Prescribed

Continue physical medicine including the use of ice packs, moist heat, electrical muscle stimulation, and ultrasound in order to reduce soft tissue swelling, reduce pain levels, reduce muscle spasm, reduce myofascial trigger points, and reduce fibrotic adhesion. Manual therapy including joint mobilization and myofascial release will be performed in order to reduce myofascial pain and improve biomechanical function. The patient will focus on improving range of motion, strength, and functional performance by the means of therapeutic activities and exercises.

Referrals/Specialist: As Prescribed

Pending an Interventional pain management consultation for the thoracolumbar spine as the patient failed other conservative efforts. Based on the patient's history and diagnostic findings she may benefit from an epidural steroid injection, facet joint injection or trigger point injection.

DME: None

Mental Health: None

Work Status: N/A

Follow-up: I will follow-up with Ms Gonzales in 2 weeks.

Discussion/Other/RX:

Opinion: Within reasonable medical probability, based on exam findings and the history as reported by the patient, the injuries sustained by this patient were a direct result of the accident occurring on the above referenced date.

I have discussed the findings of this examination with Ms Gonzales. The discussion included a complete verbal explanation of the examination results, diagnosis and planned treatment(s). A schedule for future care needs was explained. Ms Gonzales verbalizes understanding of these instructions at this time.

Benjamin Meshack, D.C. TX11658

Certified Texas Designated Doctor and Impairment Evaluating Physician.

A handwritten signature in black ink that reads "Benjamin Meshack, DC".

Meshack, Benjamin
2/13/2025 9:44 AM



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/17/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

Ms Gonzales reported that the frequency and intensity of their pain has diminished.

Today Ms Gonzales demonstrated a positive attitude with regard to her recovery.

Ms Gonzales indicated that she feels that she is making significant improvement with her functional ability.

Subjectively, Ms Gonzales stated that she feels that the course of conservative active physical medicine/ exercise is helping her condition. She states improvement in the mid thoracic and lumbar area and corresponding ADLs.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

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Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/17/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

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Lumbar Phase III

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Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

The patient experienced improved range of motion and mobility as a result of treatments.

The patient has responded favorable to the rehabilitation program designed by this office specific to home and work requirements. The patient has made measurable progress.

The patient has responded favorable to conservative medical treatments. The patient will be re-evaluated over the next 3-4 weeks in order to determine the efficacy of the current treatment regime and the future health needs of the patient.

The patient experienced improved pain levels today as a result of treatment.

Plan:

Continue seeing the patient three times weekly as approved.



Injury Center of Houston
11100 Southwest Fwy
Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/17/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/19/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

Subjectively, Ms Gonzales stated that she feels that the course of conservative active physical medicine/ exercise is helping her condition. She states improvement in the mid thoracic and lumbar area and corresponding ADLs.

Today Ms Gonzales demonstrated a positive attitude with regard to her recovery.

Ms Gonzales indicated the performed active care is reducing her pain in the mid thoracic and lumbar area.

Ms Gonzales feels that she is experiencing stiffness in the mid thoracic and lumbar area(s) today.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Sidelying Upper Trunk Rot III: While lying on your side, flex the top hip to 90 degrees and support the knee with a ball or foam roller. Start with your arms together, then rotate the top arm and shoulder as pictured. Maintain contact between your knee and the ball/roller. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day.

Deadbug - Reverse Dogbird III: Start laying down with your hips and knees flexed in a 90 degree angle. Hold a pilates or a medicine between your knees and arm, hold arms strait above shoulders.

Lift RIGHT arm overhead and straiten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest:1 minute between sets. Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Wood Chops III: Keep core tight, elbows straight. Start with ball on right bottom, bring ball to the



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/19/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

center, then over head to the opposite side. Return to starting position. Rest: 1 minute between sets. Duration: 6 minutes

Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Lumbar ROM with Wobble Board III: Stand on a wobble board in neutral with arms crossed as shown. Rotate to the left as far as comfortable. Hold for 20 seconds. Rotate to the right as far as comfortable. Hold for 20 seconds. Return to Neutral position. Repeat 3 times. Laterally flex (bend) to the left as far as comfortable. Hold 20 seconds. Laterally flex (bend) to the right as far as comfortable. Hold 20 seconds. Return to neutral position. Repeat 3 times. Bend forward (flexion) as far as comfortable. Hold for 20 seconds. Bend backward (extension) as far as comfortable. Hold for 20 seconds. Repeat 3 times. Duration: 5 minutes.

AROM knee wall slide bil partial w/Ball: Place ball between back and wall. Slowly bend knees to 45 degrees. Hold for 5 seconds, and return to standing position. Repeat. Maintain proper low back posture. Perform 3 sets of 20 Repetitions. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

Ms Gonzales was able to improve increased strength with minimal mid thoracic and lumbar discomfort.

The patient demonstrated fair response to care provided today.

Pt. completed with difficulty within tolerance strengthening of the mid thoracic and lumbar region(s).

The patient reported they felt better when they left our clinic.

Plan:

Continue seeing the patient three times weekly as approved.



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Houston, TX 77031
Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/19/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/21/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care

Subjective:

PT Diagnosis: Pain in the mid thoracic and lumbar region(s). Low back pain

Ms Gonzales feels that she is experiencing stiffness in the mid thoracic and lumbar area(s) today.

Ms Gonzales indicated the performed active care is reducing her pain in the mid thoracic and lumbar area.

Subjectively, Ms Gonzales stated that she feels that the course of conservative active physical medicine/ exercise is helping her condition. She states improvement in the mid thoracic and lumbar area and corresponding ADLs.

Today Ms Gonzales demonstrated a positive attitude with regard to her recovery.

Objective:

- As per treatment plan - EMS Unattended interferential EMS applied to mid thoracic and lumbar region(s) for 15 minutes, each region.

Thoracic Phase III

LOWER TRUNK ROTATIONS III: Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion. Rest: 1 minute between sets. Duration: 6 minutes Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

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Lift RIGHT arm overhead and straiten LEFT leg so that the ball is held between the remaining arm and leg.

Return to starting position. Alternate to the opposite arms and leg. Rest:1 minute between sets. Duration: 6 minutes, Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Wood Chops III: Keep core tight, elbows straight. Start with ball on right bottom, bring ball to the



Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/21/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

center, then over head to the opposite side. Return to starting position. Rest: 1 minute between sets. Duration: 6 minutes

Repeat 10 Times, Hold 5 Seconds, Complete 3 Sets, Perform 2 Times a Day

Lumbar Phase III

Lumbar Cross Crawl III - seated on exercise ball: Sit on an exercise ball. Ensure that you have an upright posture with your mid back straight, head up, and chin tucked. Place feet at hips width apart. Raise opposing arm and leg e.g. right arm and left leg. Hold exercise for 5-10 seconds then switch to the other arm and leg. Continue until time has elapsed. Duration: 10 minutes

Lumbar ROM with Wobble Board III: Stand on a wobble board in neutral with arms crossed as shown. Rotate to the left as far as comfortable. Hold for 20 seconds. Rotate to the right as far as comfortable. Hold for 20 seconds. Return to Neutral position. Repeat 3 times. Laterally flex (bend) to the left as far as comfortable. Hold 20 seconds. Laterally flex (bend) to the right as far as comfortable. Hold 20 seconds. Return to neutral position. Repeat 3 times. Bend forward (flexion) as far as comfortable. Hold for 20 seconds. Bend backward (extension) as far as comfortable. Hold for 20 seconds. Repeat 3 times. Duration: 5 minutes.

AROM knee wall slide bil partial w/Ball: Place ball between back and wall. Slowly bend knees to 45 degrees. Hold for 5 seconds, and return to standing position. Repeat. Maintain proper low back posture. Perform 3 sets of 20 Repetitions. Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets. Duration: 5 minutes.

Resist Knee Bike Upright: Ride stationary bike. Maintain proper low and mid back posture. Cycle at a minimal resistance. Cycle at a comfortable speed. Maintain a comfortable pace for 10 min. Duration 10 minutes.

Assessment:

Summary of Patient Overall Performance on this Visit:

Ms Gonzales was able to improve increased strength with minimal mid thoracic and lumbar discomfort.

The patient experienced improved pain levels today as a result of treatment.

Since the patient began treatment at this clinic, they have responded favorably to medical treatments. Their level of symptoms is continuing to decrease, and their level of function is continuing to increase.

The patient reported they felt better when they left our clinic.

Plan:



Injury Center of Houston
11100 Southwest Fwy
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Phone: (713) 771-2225

Patient: Gonzales, Sarah

MRN: CT11532

DOB: 03/08/2005

Date of Service: 02/21/2025

Case: PI South - 04/08/2024

Provider: Chen, Chien-Jen

Appointment Type: Active Care
*** Continued From Previous Page ***

Continue seeing the patient three times weekly as approved.

Areas to address next therapy visit include(s) the mid thoracic and lumbar body region(s). Focus will be placed on strengthening, improve AROM, decrease pain level, and improve functional ability.

Benjamin Meshack, D.C.
TX11658

Chien-Jen Chen, PTA
TX 2096955

Chen, Chien-Jen



Injury Center of Houston

An Affiliate of ICH Healthcare, P.A.

11100 Southwest Freeway

Houston, Texas 77031

U.S.A.

Phone 713-771-2225

Fax 713-771-1876

ich@injurycenterhouston.com

Functional Improvement Measures

Important Notice: This report contains protected health information that may not be used or disclosed unless authorized by the patient or specifically permitted by the Health Insurance Portability and Accountability Act (HIPAA).

Patient Information

Name: Sarah Gonzales
Patient ID: XXX-XX-XXXX
Gender: Female
Birth Date: 3/8/2005
Dominant Hand: Right
Evaluator: Dr. Paul Raymond, D.C.

Primary Insurance

Statement of Medical Necessity

Computerized Muscle Testing (CMT) and Range of Motion (ROM) are medically necessary to follow the functional progress and changes throughout the period of the patient's physical medicine and rehabilitation treatment. Findings from these exams determine the extent of function loss and assist in the development and modification of the treatment plan.

ODG:

Functional improvement measures	<p>Recommended. Restoration of function should be the primary measure of treatment success. Functional improvement measures should be used over the course of treatment to demonstrate progress in return to functionality, and to justify further use of ongoing treatment methods. They should include the following categories:</p> <p><u>Work Functions and/or Activities of Daily Living, Self Report of Disability</u> (e.g., walking, driving, keyboard or lifting tolerance, Oswestry, pain scales, return-to-work, etc.)</p> <p><u>Physical Impairments</u> (e.g., joint ROM, muscle flexibility, strength, or endurance deficits)</p> <p><u>Approach to Self-Care and Education</u> (e.g., reduced reliance on other treatments, modalities, or medications, such as reduced use of painkillers) See the Pain Chapter for more information and references.</p>
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The patient will be retested in 2-4 weeks to measure progress. At the end of treatment, the patient will be retested to assess outcome and prepare a home exercise / maintenance program.

Spine Range of Motion

The patient's active range of motion was objectively evaluated with Tracker ROM from JTECH Medical using the dual inclinometry protocols outlined in the AMA Guides to the Evaluation of Permanent Impairment.

Thoracic ROM	Norm	Result	Difference	% Norm
Thoracic Minimum Kyphosis	—	30°	—	—
Thoracic Flexion	45°	26°	19°	58%
Thoracic Lateral Left	45°	32°	13°	71%
Thoracic Lateral Right	45°	44°	1°	98%

Lumbar ROM	Norm	Result	Difference	% Norm
Lumbar Flexion	60°	50°	10°	83%
Lumbar Extension	25°	16°	9°	64%
Lumbar Lateral Left	25°	24°	1°	96%
Lumbar Lateral Right	25°	27°	2°	108%

Unless otherwise noted, the table(s) above show current test results compared to American Medical Association normative values.

Spine Range of Motion Progress

Thoracic Recent Change	Norm	Previous Exam			Current		
		Date	Result	% Norm	Result	% Norm	Change
Thoracic Lateral Left	45°	12/23/2024	33°	73%	32°	71%	-3%
Thoracic Lateral Right	45°	12/23/2024	27°	60%	44°	98%	63%

Lumbar Recent Change	Norm	Previous Exam			Current		
		Date	Result	% Norm	Result	% Norm	Change
Lumbar Flexion	60°	12/23/2024	45°	75%	50°	83%	11%
Lumbar Extension	25°	12/23/2024	20°	80%	16°	64%	-20%
Lumbar Lateral Left	25°	12/23/2024	24°	96%	24°	96%	0%
Lumbar Lateral Right	25°	12/23/2024	25°	100%	27°	108%	8%

Muscle Strength Testing

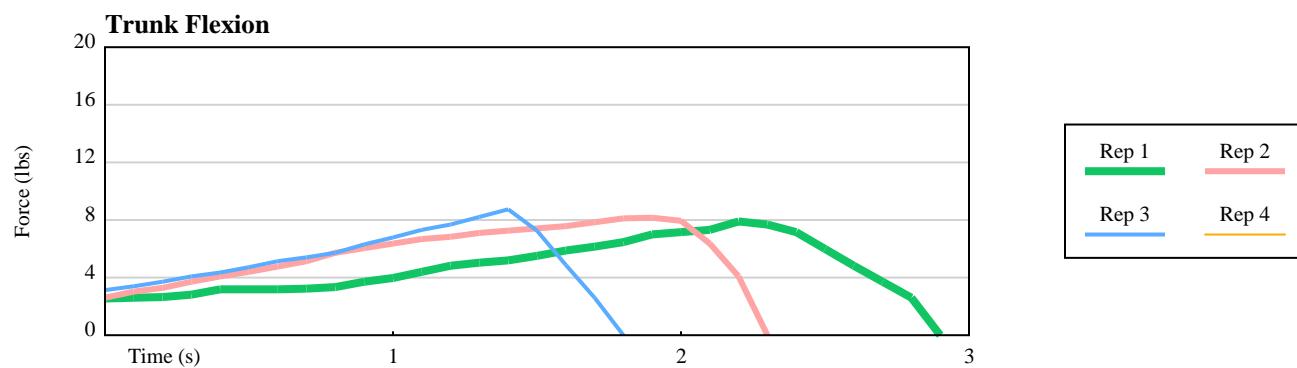
Muscle Tests

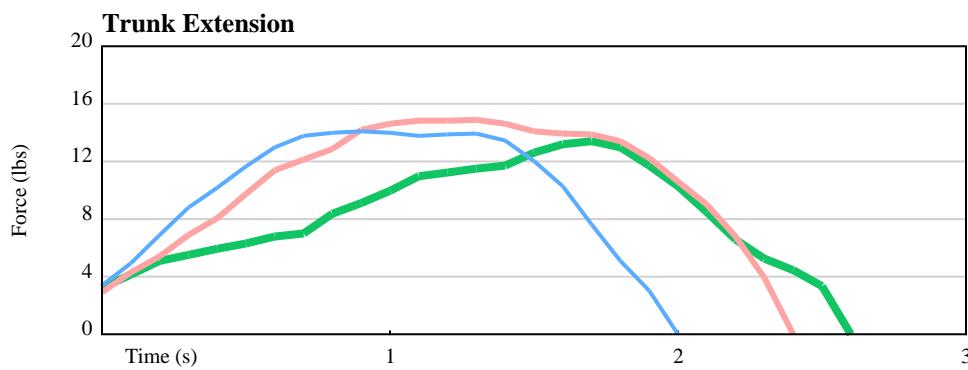
The patient was tested using the JTECH Tracker system, a computerized muscle strength evaluation system. When compared to the opposite side, a strength difference greater than 15% is generally recognized as an indication of motor deficit.

Neck/Trunk Muscle Tests	Result		CV		Difference
	Left	Right	Left	Right	
Trunk Flexion	8.3 lbs		4%		-
Trunk Extension	14.1 lbs		4%		-

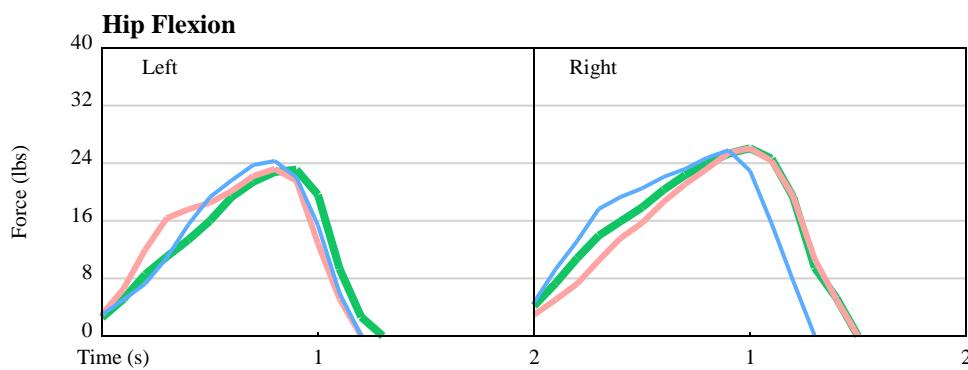
Lower Extremity Muscle Tests	Result		CV		Difference
	Left	Right	Left	Right	
Hip Flexion	23.5 lbs	26.0 lbs	2%	0%	-9% L
Hip Extension (Knee Neutral)	37.4 lbs	30.6 lbs	1%	8%	-18% R
Knee Flexion (Leg Neutral)	23.8 lbs	24.9 lbs	11%	5%	-5% L
Knee Extension	28.6 lbs	30.7 lbs	7%	4%	-7% L
Ankle Plantar Flexion (Knee Flexed)	26.8 lbs	25.3 lbs	11%	9%	-6% R
Foot Dorsiflexion/Inversion	21.7 lbs	16.2 lbs	4%	13%	-25% R

Consistency of the patient's muscle strength was evaluated using coefficient of variation (CV) with consistency indicated by successive repetitions falling below 15%.

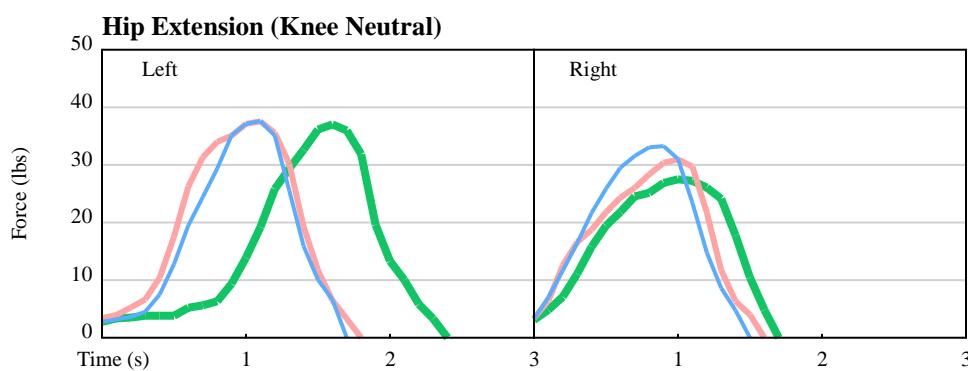




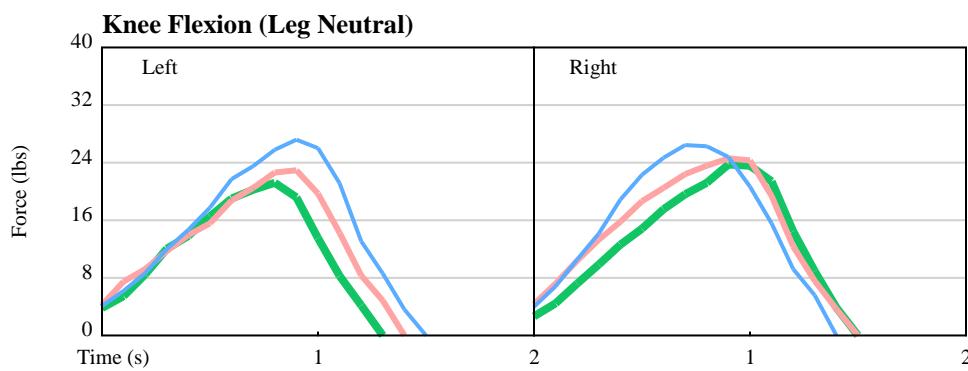
Rep 1 Rep 2
Rep 3 Rep 4



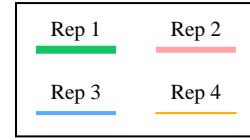
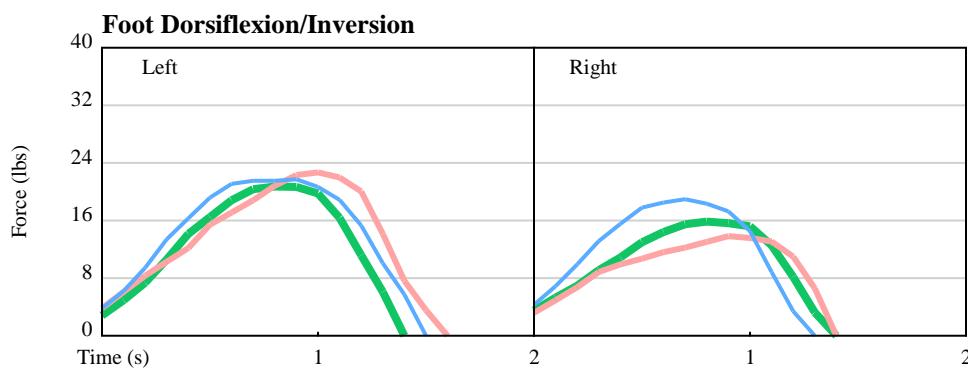
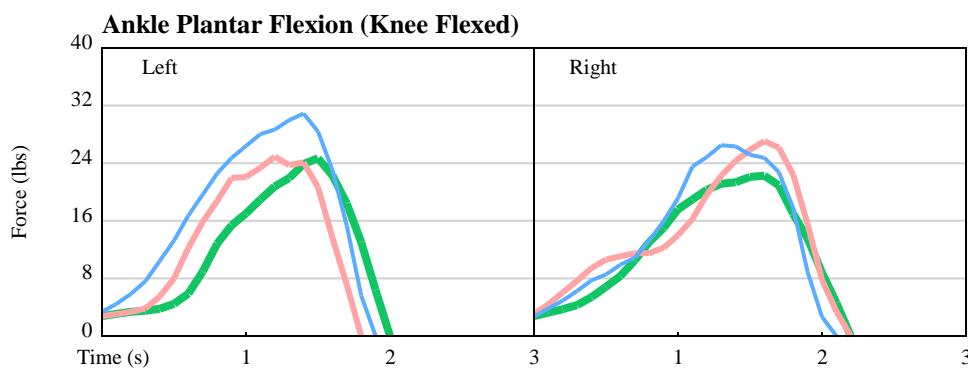
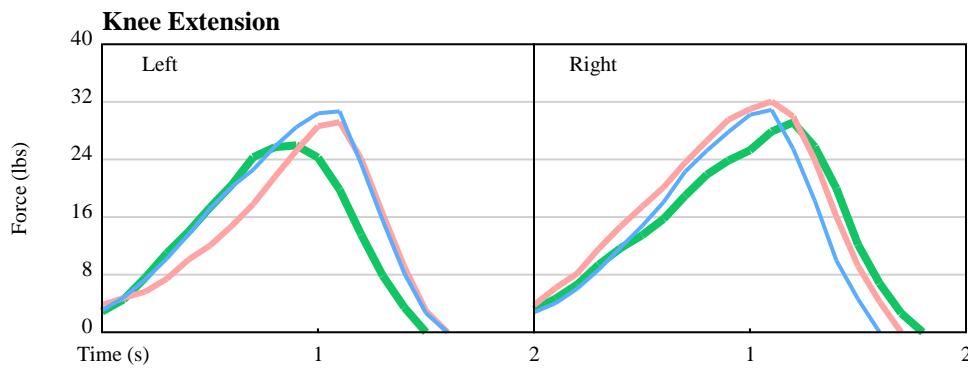
Rep 1 Rep 2
Rep 3 Rep 4



Rep 1 Rep 2
Rep 3 Rep 4



Rep 1 Rep 2
Rep 3 Rep 4



Muscle Test Progress

Neck/Trunk Recent Change	Previous Exam				Current			Change	
	Date	Left	Right	Diff	Left	Right	Diff	Left	Right
Trunk Flexion	12/23/2024	6.1 lbs	—	—	8.3 lbs	—	—	36%	
Trunk Extension	12/23/2024	6.5 lbs	—	—	14.1 lbs	—	—	117%	

Lower Extremity Recent Change	Date	Previous Exam			Current			Change	
		Left	Right	Diff	Left	Right	Diff	Left	Right
Hip Flexion	12/23/2024	15.5 lbs	17.3 lbs	-10% L	23.5 lbs	26.0 lbs	-9% L	52%	50%
Hip Extension (Knee Neutral)	12/23/2024	23.0 lbs	19.3 lbs	-16% R	37.4 lbs	30.6 lbs	-18% R	63%	58%
Knee Flexion (Leg Neutral)	12/23/2024	13.3 lbs	13.9 lbs	-4% L	23.8 lbs	24.9 lbs	-5% L	79%	80%
Knee Extension	12/23/2024	14.9 lbs	14.4 lbs	-3% R	28.6 lbs	30.7 lbs	-7% L	92%	112%
Ankle Plantar Flexion (Knee Flexed)	12/23/2024	25.2 lbs	25.1 lbs	-1% R	26.8 lbs	25.3 lbs	-6% R	6%	1%
Foot Dorsiflexion/Inversion	12/23/2024	15.8 lbs	10.8 lbs	-32% R	21.7 lbs	16.2 lbs	-25% R	37%	50%

Calibration Certificate

Date of Examination	Device Type	Device ID
2/21/2025	Muscle Tester	1C8582

Last Zero Calibration

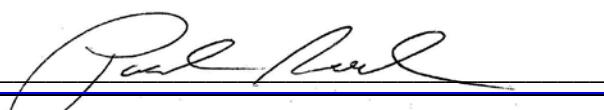
Date & Time	Drift from Factory Calibration	JTECH Recommended Drift Limits
2/21/2025 10:04:43 AM	-5.3%	±20%

Summary/Discussion

The patient currently reports the overall pain as a 2, on a scale of 0 to 10, where 10 means an ambulance is needed. The patient currently reports mid back and low back pain. The patient describes the mid back pain as a constant sore pain. The patient describes the low back pain as a sharp pain that comes and goes. The patient demonstrated range of motion deficit in the mid back and low back. The patient demonstrated strength deficit in the right hip and right ankle, when compared bilaterally.

I, the undersigned, confirm that all data shown in the report was collected in a controlled environment and, to our knowledge, are accurate.

Evaluator:

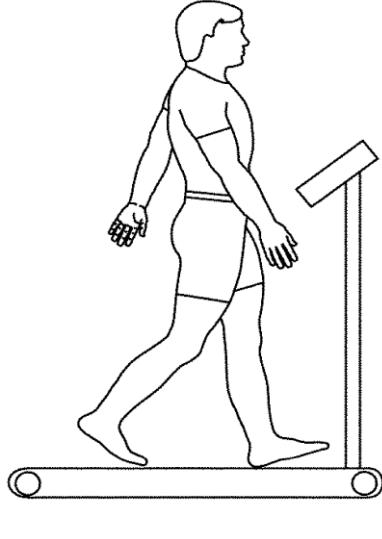


Date: 02/21/2025

Paul Raymond, D.C.

Lumbar Rehab Phase 3 AROM&Bands

AROM gait walking w/treadmill



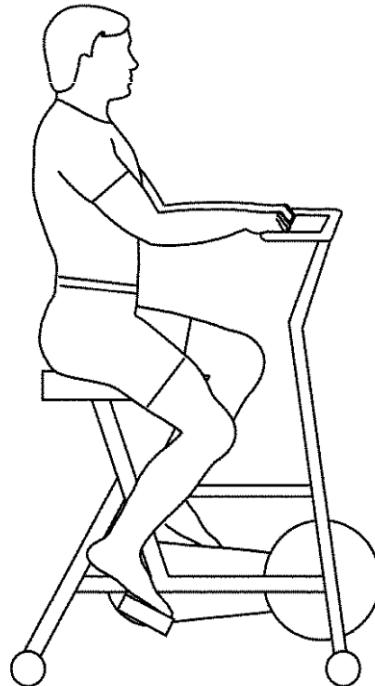
- Stand on treadmill with feet off to the sides of belt.
- Turn treadmill on to a slow speed.
- Cautiously step onto belt and begin walking.
- Gradually increase the speed to a comfortable pace.
- Stop exercises should you experience loss of breath, dizziness or chest pain and call 9-1-1.

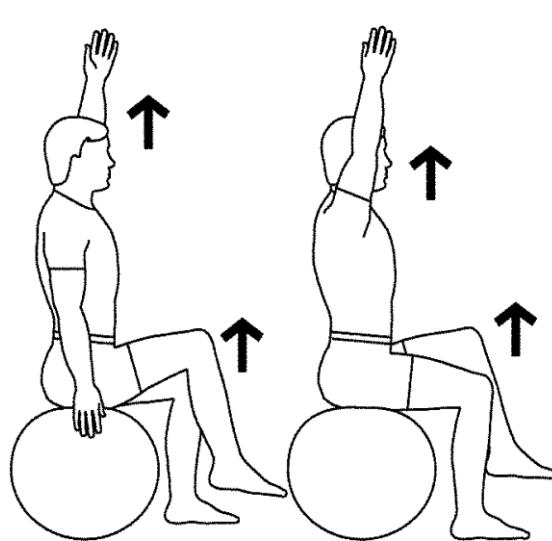
Perform 1 set of 10 Minutes,
once a day.

Resist knee bike upright

- Ride stationary bike.
- Maintain proper low and mid back posture.
- Cycle at a minimal resistance.
- Cycle at a comfortable speed.
- Maintain a comfortable pace for 5 min.

Perform 1 set of 10
Minutes, once a day.





AROM hip marching w/alt arms on Ball

- Sit on ball with hips and knees at 90 degrees.
- Lift up left leg and right arm as shown.
- Lower arm and leg.
- Repeat with right leg and left arm.

Special Instructions:

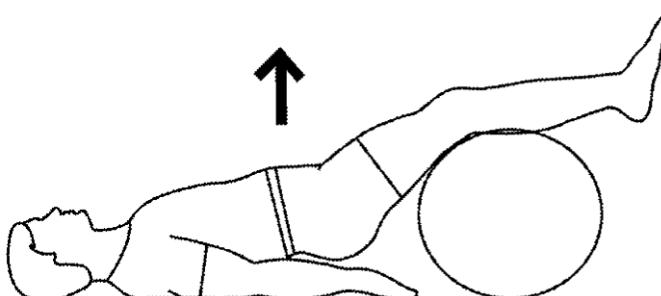
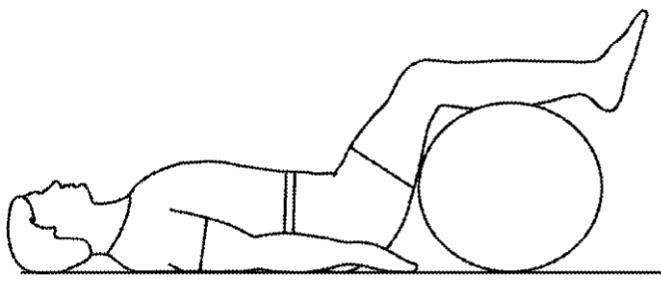
Maintain proper low back posture.

Perform 3 sets of 20 Repetitions,
once every other day.

Perform 1 repetition every 3 Seconds.
Rest 1 Minute between sets.

AROM lumbar bridging bil on Ball

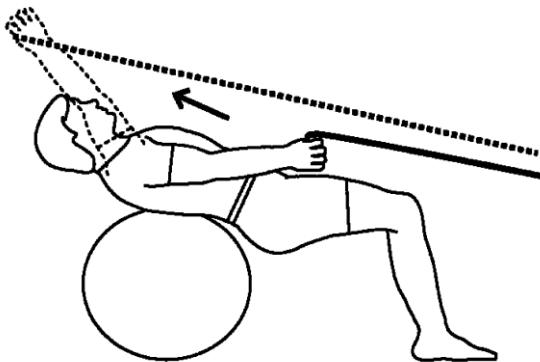
- Lie on back with knees bent over ball as shown.
- Lift buttocks off floor.
- Return to start position.



Perform 3 sets of 20
Repetitions, once every
other day.

Perform 1 repetition every 4
Seconds. Use Ball.
Rest 1 Minute between sets.

Resist shld flx supine on ball w/elastic



- Attach elastic to secure object.
- Lie on back on ball, face up, knees bent, back straight.
- Grasp elastic in both hands and pull elastic over head, keep elbows straight.
- Return to start position and repeat.

Special Instructions: Keep back straight.

Perform 5 sets of 1 Minute, once a day.

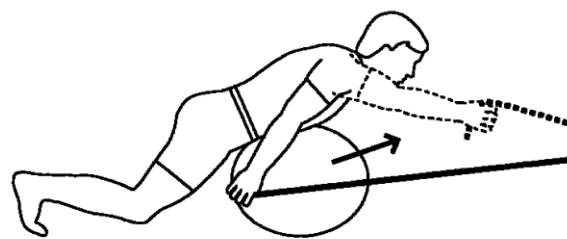
Perform 1 repetition every 4 Seconds. Use red Elastic.

Rest 1 Minute between sets.

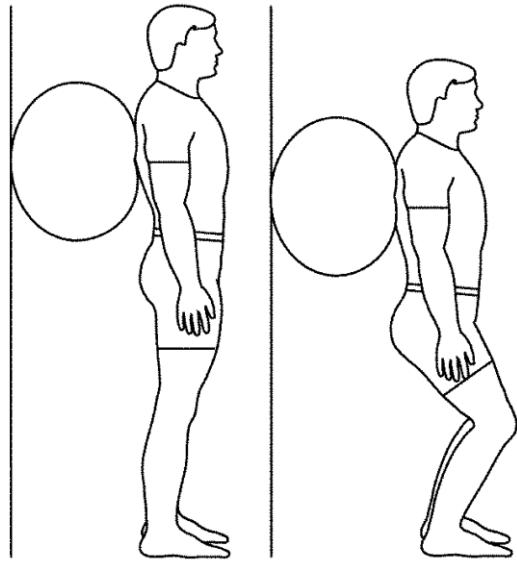
Resist shld flx prone knee on ball w/elastic

- Attach elastic to secure object.
- Kneel face down on ball.
- Grasp elastic with both hands.
- Lift arms forward, keeping elbows straight.
- Lower arms and repeat.

Perform 5 sets of 1 Minute, once a day.



Perform 1 repetition every 4 Seconds. Use red Elastic.
Rest 1 Minute between sets.



AROM knee wall slide bil partial w/Ball

- Place ball between back and wall.
- Slowly bend knees to 45 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

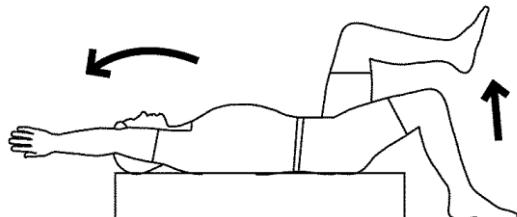
↓ **Special Instructions:**
Maintain proper low back posture.

Perform 3 sets of 20 Repetitions,
once every other day.

Perform 1 repetition every 4 Seconds.
Use Ball.
Rest 1 Minute between sets.

Thoracic Rehab Phase 3 AROM & Strengthening

AROM lumbar alt arm leg supine w/roll



- Lie on back on roll, arms at side, palms in.
- Feet should be flat on floor.
- Tighten abdominal muscles.
- Raise right arm up over head and raise left leg toward chest.
- Lower arm and leg and repeat with left arm and right leg.
- Continue

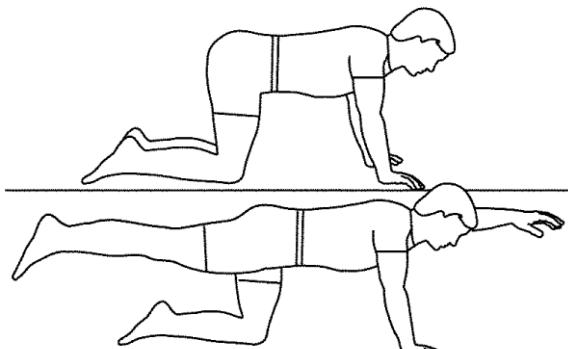
Special Instructions:
Maintain neutral spine.

Perform 5 sets of 1 Minute,
once a day.

Perform 1 repetition every 4 Seconds.
Use Foam Roll.
Rest 1 Minute between sets.

AROM lumbar alt leg/arm (bird dog)

- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.



Special Instructions:
Maintain neutral spine, do not twist.
Progress by placing weights on ankles and wrists.

Perform 5 sets of 1
Minute, once a day.

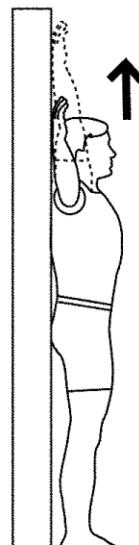
Perform 1 repetition every 4
Seconds. Rest 1 Minute
between sets.

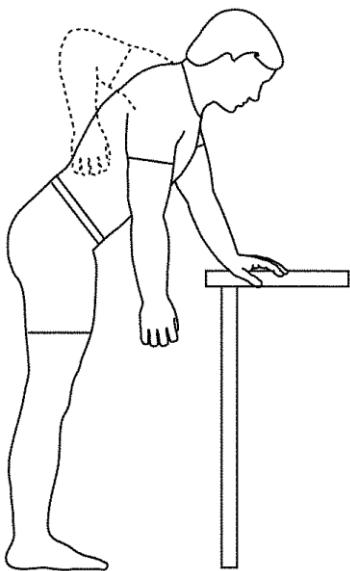
AROM shld abd bil at wall

- Stand against wall.
- Raise arms out to sides with elbows bent.
- Keep arms against wall.
- Continue to raise arms and straighten overhead.
- Tighten abdominal muscles to flatten low back against wall.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Perform 1 repetition every 4 Seconds. Rest 1 Minute
between sets.





AROM shld bent row

- Slightly bend hips and knees and support upper body with other arm as shown.
- Lift arm up, raising elbow to shoulder height.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

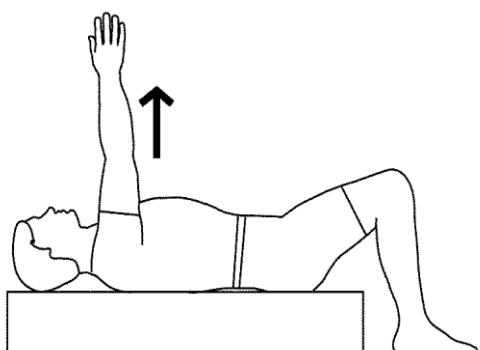
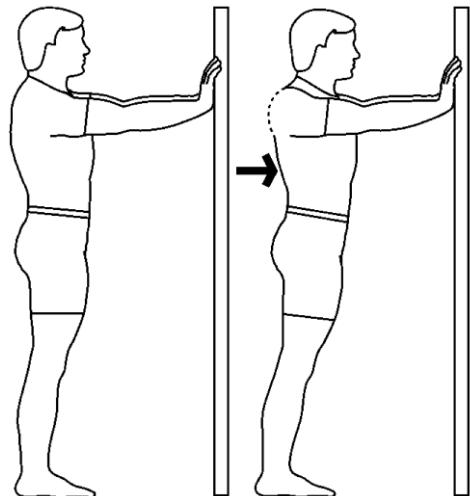
Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets.

AROM shld protract bil (wall pushes) stand

- Stand facing wall, approx. 2 feet away, leaning with arms against wall as shown.
- Keeping elbows straight, move trunk forward.
- Return to start position.

Perform 3 sets of 20 Repetitions, once every other day.

Perform 1 repetition every 4 Seconds. Rest 1 Minute between sets.



AROM shld protract supine w/foam roll

- Lie on back on foam roll with arms up as shown.
- Keep elbows straight.
- Move arms toward ceiling.
- Return to start position and squeeze shoulder blades together.
- Repeat.

Perform 5 sets of 1 Minute, once a day.

Perform 1 repetition every 4 Seconds. Use Foam Roll. Rest 1 Minute between sets.