



Chalmers Physiotherapy

208-328 Hwy 7 East Richmond Hill, Ontario L4B 3P7

Tel: 905-709-3120 Fax: 905-709-9456

Discharge Report

To: Dr. CHANG

Date: Dec 10/2020

Dx: DDD Cervical neck strain

Date of Discharge/Last Day of Attendance: Dec 10/2020

Ramkumar Joyce 62 OHIP

5812 753 712 HP DOB 28-Dec-1941 F
1 Tully Dr., Richmond Hill, ON, L4B 0L0
Home: (847) 882-1095
Dr. Chang, Chia-Ching Nancy

Treatment Received:

- ☒ Electrical Stimulation
- ☐ Ultrasound
- ☐ Laser
- ☐ Other: _____

- ☒ Exercise Program
- ☒ Heat/Cold
- ☒ Manual Therapy

- ☒ Traction Cervical
- ☒ Education

Outcome Measure(s)	Initial Assessment	<u>Dec 10/2020</u>
<input checked="" type="checkbox"/> Numerical Pain Scale (NPRS)	<u>8-10</u>	<u>0-1/10</u>
<u>neck disability index</u>	<u>23</u>	<u>7</u>

Patient's status at the time of discharge:

- ☒ ↓ Pain not
- ☐ ↑ Strength
- ☒ ↑ ROM Cervical not - w/ Fz
- ☐ ↑ Endurance
- ☐ ↓ Headaches
- ☐ ↓ Swelling
- ☐ ↓ Paresthesia
- ☐ ↓ Numbness
- ☒ ↑ Functional Capacity
- ☐ Improve Balance
- ☐ Improve Gait Pattern
- ☐ Improve Posture
- ☐ Other: _____

Other Recommendations:

- ☒ Goals achieved, ready for discharge.
- ☐ Plateau from further progression.
- ☒ Provide home program / self-directed plan / community programs information
- ☐ The client was discharged because he/she was non-compliant, was not attending sessions or voluntarily withdrew from treatment within Episode of Care.

Thank you for your attention.

Chalmers
Physiotherapy

, Physiotherapist