

CC Acupuncture PC

PATIENT: DONG, SAIYU Gender: Female
DOB: 10/20/1952 AGE AS OF 02/04/2026: 73y

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 40%), impaired performing ADL's with moderate difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 4 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastrocnemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+1)= There is mild tenderness to palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Right Knee Muscles Strength and Joint ROM:

4/5 Flexion(fully bent): 100 Degrees(moderate)

4/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

09/17/2025

tongue: purple

pulse: deep

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has decreased pain, physical finding has increased muscles strength. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment. Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 40%), impaired performing ADL's with moderate difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

09/05/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient

presents with slight improvement of symptom(s). The patient has decreased difficulty in performing ADLs, physical finding has reduced joint ROM limitation. Patient tolerated acupuncture treatment with positive verbal response.

No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

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Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 40%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

09/03/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has decreased muscles weakness, physical finding has reduced local muscles spasms. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 40%-50%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

08/28/2025

tongue: purple

pulse: deep

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with no change. The patient has remained the same as last time visit, physical finding has remained the same last visit. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment. Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 40%-50%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

08/27/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient

has decreased muscles weakness, physical finding has reduced joint ROM

limitation. Patient tolerated acupuncture treatment with positive verbal response.

No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 50%-60%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 90 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

08/25/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has decreased difficulty in performing ADLs, physical finding has reduced local muscles tenderness. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 50%-60%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brevis/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 90 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

08/21/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has decreased pain duration, physical finding has increased muscles strength. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 50%-60%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 7-6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

3+/5 Flexion(fully bent): 90 Degrees(moderate)

3+/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

08/20/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has decreased muscles weakness, physical finding has reduced local muscles tightness. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the

tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 60%-70%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 7-6 /10

Pain frequency: Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate to severe

Tenderness muscle noted along Gastrocnemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

3+/5 Flexion(fully bent): 90 Degrees(moderate)

3+/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

08/18/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has decreased pain frequency, physical finding has slight increased muscles strength. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)
Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective:

Follow up visit

Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .

Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles weakness (scale as 60%-70%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Rising from a chair, Walking for long periods of time, bending knee to sit position.

Pain Scale: 7-6 /10

Pain frequency: Constant (symptoms occur between 76% and 100% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus femoris, Iliotibial Band ITB, Rectus Femoris

Grading Scale: moderate to severe

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

3+/5 Flexion(fully bent): 90 Degrees(moderate)

3/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue: purple

pulse: deep

08/14/2025

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has slightly decreased pain duration, physical finding has reduced local muscles tenderness.

Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"

Daily acupuncture treatment for knee - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front Points: (15 mins) - personal one on one contact with the patient

1. Greeting patient, Review of the chart, Routine examination of the patient current condition, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted for front points without electrical stimulation ST35, ST36, SP3, SP9, SP10

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after treatment.

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Printed on 2026/02/04

Patient: DONG, SAIYU