

CC Acupuncture PC

PATIENT: LU, WANFU Gender: Male
 DOB: 12/04/1946 AGE AS OF 02/04/2026: 79y

Subjective:

Follow up visit
 Patient reports: there is improvement of symptom(s) because of energy level improved .
 Patient still c/o Dull, Aching pain along right knee area without radiation , associated with muscles heaviness (scale as 50%-60%), 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: 5 /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): 90 Degrees(moderate)
 4/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

12/01/2025

tongue
 thick, slippery coat
 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 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 Cold-Damp + Wind-Cold 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 SP9, KD3, XI YAN, LV4

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 dispelling cold, drain the dampness 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 heaviness (scale as 50%-60%), impaired performing ADL's with moderate 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.

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

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Grading Scale: moderate

Tenderness muscle noted along Gastrocnemius 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): 90 Degrees(moderate)
4/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

11/12/2025

tongue
thick, slippery coat
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 difficulty in performing ADLs, 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 Cold-Damp + Wind-Cold in local meridian that cause the pain.

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

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

11/10/2025

tongue
thick, slippery coat
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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 tightness. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Cold-Damp + Wind-Cold in local meridian that cause the pain.

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Objective: Muscles Testing:

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Grading Scale: moderate to severe

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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): 90 Degrees(moderate)

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

Inspection: local skin no damage or rash

11/07/2025

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Assessment:

The patient continues treatment for along right knee area today.

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Pain Scale: 5 /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 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: (+2)=Occasional spontaneous spasms and easily induced spasms.

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

11/05/2025

tongue
thick, slippery coat
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 reduced local muscles spasms. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.
Current patient still has Cold-Damp + Wind-Cold in local meridian that cause the pain.

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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 dispelling cold, drain the dampness to speed up the recovery, soothe the

tendon.

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Subjective:

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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 heaviness (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: 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 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:

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

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

Inspection: local skin no damage or rash

tongue

thick, slippery coat

pulse

deep

10/31/2025

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, 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 Cold-Damp + Wind-Cold 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 dispelling cold, drain the dampness to speed up the recovery, soothe the tendon.

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

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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 heaviness (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 /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 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:

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

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

Inspection: local skin no damage or rash

tongue

thick, slippery coat

pulse

deep

10/29/2025

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 heaviness sensation, 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 Cold-Damp + Wind-Cold 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 dispelling cold, drain the dampness 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 heaviness (scale as 70%-80%), 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 /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 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

thick, slippery coat

pulse

deep

09/29/2025

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 reduced local muscles tenderness. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Cold-Damp + Wind-Cold in local meridian that cause the pain.

Plan:

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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:

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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 heaviness (scale as 70%-80%), 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: 8 /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 Gastrocnemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+4) = There is severe tenderness and withdrawal response from the patient when there is noxious stimulus .

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

09/05/2025

tongue

thick, slippery coat

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 Cold-Damp + Wind-Cold in local meridian that cause the pain.

Plan:

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

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

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

Subjective: INITIAL EVALUATION

Patient c/o Chronic pain along right Knee area which is Dull, Aching without radiation. The patient has been complaining of the pain for 8 year(s) which got worse in recent 1 week(s). The pain is associated with muscles soreness, heaviness (scale as 70%-80%) due to age related/degenerative changes.

The pain is aggravated by any strenuous activities . There is moderate to severe difficulty with ADLs like Rising from a chair, Walking for long periods of time, bending knee to sit position.

Changing positions, Resting, Massage can temporarily relieve the pain. Due to this condition patient has decrease outside activity. The pain did not **improved over-the-counter pain medication** which promoted the patient to seek acupuncture and oriental medicine intervention.

Patient also complaints of chronic pain on the upper back area comes and goes, which is less severe compared to the Right Knee area pain.

Pain Scale: Worst: 8 ; Best: 6 ; Current: 8

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

Walking aid :none

Medical history/Contraindication or Precision: Thyroid

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

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

Inspection: local skin no damage or rash

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pulse

deep

08/15/2025

Assessment: TCM Dx:

Right knee pain due to Cold-Damp + Wind-Cold in local meridian, but patient also has Kidney Yang Deficiency in the general.

Today's TCM treatment principles:

focus on dispelling cold, drain the dampness and harmonize Liver and Kidney balance in order to promote healthy joint and lessen dysfunction in all aspects. Acupuncture Eval was done today on right knee area.

Plan: Initial Evaluation - Personal one on one contact with the patient (total 15-20 mins)

1. Greeting patient.

2. Detail explanation from patient of past medical history and current symptom.

3. Initial evaluation examination of the patient current condition.

4. Explanation with patient for medical decision/treatment plan.

Short Term Goal (RELIEF TREATMENT FREQUENCY: 12 treatments in 5-6 weeks):
Decrease Pain Scale to 4.

Decrease soreness, heaviness sensation Scale to (50%-60%)

Decrease Muscles Tightness to moderate

Decrease Muscles Tenderness to Grade 3

Decrease Muscles Spasms to Grade 2

Increase Muscles Strength to 4

Long Term Goal (ADDITIONAL MAINTENANCE & SUPPORTING TREATMENTS

FREQUENCY: 8 treatments in 5-6 weeks):
Decrease Pain Scale to2
Decrease soreness, heaviness sensation Scale to (30%-40%)
Decrease Muscles Tightness to mild-moderate
Decrease Muscles Tenderness to Grade 2
Decrease Muscles Spasms to Grade 1
Increase Muscles Strength to4+
Increase ROM 60%
Decrease Impaired Activities of Daily Living to mild-moderate.

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Printed on 2026/02/04

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