

CC Acupuncture PC

PATIENT: LIN, XIAOTONG Gender: Male
 DOB: 02/04/1954 AGE AS OF 02/04/2026: 72y

Subjective: INITIAL EVALUATION

Patient c/o Chronic Freezing, Shooting pain along right-shoulder area (without radiation) for 7year(s) got worse in recent 3week(s)/month(s) associated with muscles soreness (scale as 60%-70%) due to age related/degenerative changes, repetitive strain from activities in the past.

The pain is aggravated by: any strenuous activities , impaired performing ADL's with moderate to severe difficulty of handing/carrying moderate objects, reach top of cabinet to get object(s) and moderate to severe difficulty of put on/take off the clothes. Stretching can temporarily relieve the pain slightly but limited. Patient has decrease outside activity, the pain did not **improved after a week** which promoted the patient to seek acupuncture and oriental medicine intervention.

Patient also complaints of chronic pain on the lower back, foot area comes and goes, which is less severe compared to the Bilateral -shoulder area pain.

Pain Scale: Worst: 6 ; Best: 5 ; Current: 5

Pain Frequency: Frequent (symptoms occur between 51% and 75% of the time)
 Walking aid :none

Medical history/Contraindication or Precision: N/A

Objective: **Inspection:**local skin no damage or rash

Muscles Testing:

Tightness muscles noted along greater tuberosity, AC joint, rhomboids, supraspinatus, triceps short head
 Grading Scale: moderate to severe

Tenderness muscles noted along upper trapezius, lesser tuberosity, AC joint, middle deltoid, bicep long head, supraspinatus

Grading Scale: (+4) = Patient complains of severe tenderness, withdraws immediately in response to test pressure, and is unable to bear sustained pressure.

Muscles spasm noted along rhomboids, deltoid ant fibres, supraspinatus, triceps short head

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

Right Shoulder Muscles Strength and Joint ROM

3+/5 Abduction: 120 degree(moderate)

4-/5 Horizontal Adduction: 15 degree (moderate)

3+/5 Flexion :125 degree(moderate)

3+/5 Extension : 25 Degrees(moderate)

4-/5 External rotation : 60 Degrees(moderate)

4-/5 Internal rotation : 60 Degrees(moderate)

tongue

purplish dark

pulse

string-taut

Assessment: TCM Dx:

Right - shoulder area pain due to Qi Stagnation, Blood Stasis in local meridian, but patient also has Qi & Blood Deficiency in the general.

Today's TCM treatment principles:

emphasize on activating Blood circulation to dissipate blood stagnant and harmonize healthy qi and to expel pathogen factor to promote balance in order to reduce stagnation and improve circulation.

Acupuncture Eval was done today Right -shoulder 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.

06/16/2025

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 3-4.

Decrease soreness sensation Scale to (40%-50%)

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 to 1-2

Decrease soreness sensation Scale to (20%-30%)

Decrease Muscles Tightness to mild-moderate

Decrease Muscles Tenderness to Grade 2

Decrease Muscles Spasms to Grade 1

Increase Muscles Strength to 4+

Increase ROM 60%

Decrease impaired Activities of Daily Living to mild-moderate.

Select Needle Size : 36#x0.5" , 34#x1" ,30# x1.5"

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

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

1. Preparation, washing hands, setting up the clean field, selecting acupuncture needle size, selecting location, marking and cleaning the points, Initial Acupuncture needle inserted without electrical stimulation BL10, LI16, SI14, SJ10

Removing and properly disposing of needle

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

Documentation

Diagnosis Code: (1) Pain in right shoulder(M25.511)

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

Printed on 2026/02/04

Patient: LIN, XIAOTONG