

CC Acupuncture PC

PATIENT: ZHANG, ZISONG Gender: Male
DOB: 05/19/1960 AGE AS OF 02/04/2026: 65y

Subjective: Follow up visit

Patient reports: there is similar symptom(s) as last visit because of more energy level throughout the day.

Patient still c/o Aching, pricking pain in lower back area with radiation to BLLE, associated with muscles numbness (scale as 40%-50%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 5-4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles

Grading Scale: mild to moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+2) = Patient states that the area is moderately tender.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles:

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

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)

4/5 Extension: 25 Degrees(mild)

4/5 Rotation to Right: 25 Degrees(mild)

4/5 Rotation to Left: 25 Degrees(mild)

4/5 Flexion to the Right: 20 Degrees(moderate)

4-/5 Flexion to the Left: 20 Degrees(moderate)

08/06/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back 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 numbness sensation, physical finding has reduced local muscles tenderness. Patient tolerated acupuncture treatment with increase ease with functional mobility. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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. 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 without electrical stimulation BL40, BL54, A SHI POINTS, YAO TONG XUE

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

consist of promoting on drain the dampness, clear damp to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Radiculopathy, lumbar region(M54.16)
Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective: Follow up visit

Patient reports: there is similar symptom(s) as last visit because of more energy level throughout the day.

Patient still c/o Aching, pricking pain in lower back area with radiation to BLLE, associated with muscles numbness (scale as 50%-60%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 5-4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles

Grading Scale: mild to moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles:
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)

4/5 Extension: 25 Degrees(mild)

4/5 Rotation to Right: 25 Degrees(mild)

4/5 Rotation to Left: 25 Degrees(mild)

4/5 Flexion to the Right: 20 Degrees(moderate)

4-/5 Flexion to the Left: 20 Degrees(moderate)

07/28/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back 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 numbness sensation, physical finding has reduced local muscles tightness. Patient tolerated acupuncture treatment with increase ease with functional mobility. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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

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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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Diagnosis Code: (1) Radiculopathy, lumbar region(M54.16)
Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)

Subjective: Follow up visit

Patient reports: there is similar symptom(s) as last visit because of more energy level throughout the day.

Patient still c/o Aching, pricking pain in lower back area with radiation to BLLE, associated with muscles numbness (scale as 60%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 5-4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles

Grading Scale: moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles: Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)

4/5 Extension: 25 Degrees(mild)

4/5 Rotation to Right: 25 Degrees(mild)

4/5 Rotation to Left: 25 Degrees(mild)

4/5 Flexion to the Right: 20 Degrees(moderate)

4-/5 Flexion to the Left: 20 Degrees(moderate)

07/24/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back 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, physical finding has slight increased muscles strength. Patient tolerated acupuncture treatment with increase ease with functional mobility. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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. 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 without electrical stimulation BL40, BL54, A SHI POINTS, YAO TONG XUE

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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Diagnosis Code: (1) Radiculopathy, lumbar region(M54.16)

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

Subjective: Follow up visit

Patient reports: there is similar symptom(s) as last visit because of more energy level throughout the day .
 Patient still c/o Aching, pricking pain in lower back area with radiation to BLLE, associated with muscles numbness (scale as 60%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 5 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles

Grading Scale: moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles:
 Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)

4/5 Extension: 25 Degrees(mild)

4/5 Rotation to Right: 25 Degrees(mild)

4/5 Rotation to Left: 25 Degrees(mild)

4-/5 Flexion to the Right: 20 Degrees(moderate)

4-/5 Flexion to the Left: 20 Degrees(moderate)

07/23/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back 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 numbness sensation, physical finding has reduced joint ROM limitation. Patient tolerated acupuncture treatment with increase ease with functional mobility. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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. 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 without electrical stimulation BL40, BL54, A SHI POINTS, YAO TONG XUE

Removing and properly disposing of needles

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

Documentation

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Diagnosis Code: (1) Radiculopathy, lumbar region(M54.16)

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

Subjective: Follow up visit

Patient reports: there is similar symptom(s) as last visit because of more energy level throughout the day .

Patient still c/o Aching, pricking pain in lower back area with radiation to BLLE,

associated with muscles numbness (scale as 60%-70%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 5 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles

Grading Scale: moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles:
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)

4/5 Extension: 20 Degrees(moderate)

4/5 Rotation to Right: 25 Degrees(mild)

4/5 Rotation to Left: 25 Degrees(mild)

4-/5 Flexion to the Right: 20 Degrees(moderate)

4-/5 Flexion to the Left: 20 Degrees(moderate)

07/21/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back 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 increase ease with functional mobility. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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. 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 without electrical stimulation BL40, BL54, A SHI POINTS, YAO TONG XUE

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

consist of promoting on drain the dampness, clear damp to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Radiculopathy, lumbar region(M54.16)

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 Aching, pricking pain in lower back area with radiation to BLLE, associated with muscles numbness (scale as 60%-70%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 5 /10**Pain frequency:** Frequent (symptoms occur between 51% and 75% of the time)**Objective:** Muscles Testing:Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles
Grading Scale: moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles:
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)**4/5** Extension: 20 Degrees(moderate)**4/5** Rotation to Right: 25 Degrees(mild)**4/5** Rotation to Left: 25 Degrees(mild)**4-/5** Flexion to the Right: 20 Degrees(moderate)**4-/5** Flexion to the Left: 20 Degrees(moderate)

07/16/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has slightly decreased numbness sensation, physical finding has increased muscles strength. Patient tolerated acupuncture treatment with increase ease with functional mobility. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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. 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 without electrical stimulation BL40, BL54, A SHI POINTS, YAO TONG XUE

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

consist of promoting on drain the dampness, clear damp to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Radiculopathy, lumbar region(M54.16)**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 reduced level of pain.

Patient still c/o Aching, pricking pain in lower back area with radiation to BLLE, associated with muscles numbness (scale as 60%-70%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 5 /10**Pain frequency:** Frequent (symptoms occur between 51% and 75% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles

Grading Scale: moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles:
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)

4-/5 Extension: 20 Degrees(moderate)

4-/5 Rotation to Right: 25 Degrees(mild)

4-/5 Rotation to Left: 25 Degrees(mild)

4-/5 Flexion to the Right: 20 Degrees(moderate)

4-/5 Flexion to the Left: 20 Degrees(moderate)

06/30/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has slightly decreased pain duration, physical finding has reduced local muscles spasms. Patient tolerated acupuncture treatment with excellent outcome due reducing pain. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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. 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 without electrical stimulation BL40, BL54, A SHI POINTS, YAO TONG XUE

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

consist of promoting on drain the dampness, clear damp to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Radiculopathy, lumbar region(M54.16)

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 can move joint more freely and with less pain.

Patient still c/o Aching, pricking pain in lower back area with radiation to BLLE, associated with muscles numbness (scale as 60%-70%), impaired performing ADL's with moderate difficulty with ADLs like doing laundry, Rising from a chair, Getting out of bed.

Pain Scale: 6-5 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Quadratus Lumborum, Gluteal Muscles, The Multifidus muscles

Grading Scale: moderate

Tenderness muscle noted along spinalis, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Gluteal Muscles:
Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Lumbar Muscles Strength and Spine ROM

4/5 Flexion: 65 Degrees(mild)

4-/5 Extension: 20 Degrees(moderate)

4-/5 Rotation to Right: 25 Degrees(mild)

4-/5 Rotation to Left: 25 Degrees(mild)

4-/5 Flexion to the Right: 20 Degrees(moderate)

4-/5 Flexion to the Left: 20 Degrees(moderate)

06/26/2025

Inspection: weak muscles and dry skin without luster

tongue

big tongue with white sticky coat

pulse

string-taut

Assessment: The patient continues treatment for lower back area today.
The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has slightly decreased pain duration, physical finding has slight increased joint ROM. Patient tolerated acupuncture treatment with good response. No adverse side effect post treatment.
Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan: Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"
Daily acupuncture treatment for lower back - 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. 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 without electrical stimulation BL40, BL54, A SHI POINTS, YAO TONG XUE

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

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