

CC Acupuncture PC

PATIENT: LIN, ZHEN W Gender: Female
 DOB: 11/06/1949 AGE AS OF 02/04/2026: 76y

Subjective:

Follow up visit
 Patient reports: there is improvement of symptom(s) because of more energy level throughout the day.
 Patient still c/o pricking, weighty pain in neck and upper back area with dizziness, with headache associated with muscles heaviness (scale as 50%-60%), impaired performing ADL's with moderate to severe difficulty of performing household chores, cooking and moderate to severe difficulty of gargling.

Pain Scale: 5-4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius
 Grading Scale: moderate

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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

Muscles spasm noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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

Cervical Muscles Strength and Spine ROM Assessment:

4-5 Extension (look up): 25 Degrees(moderate)

4-5 Flexion (look down): 25 Degrees(moderate)

4/5 Rotation to Right (look to right): 35 Degrees(moderate)

4/5 Rotation to Left (look to left): 35 Degrees(moderate)

4+5 Flexion to the Right (bending right): 20 Degrees(moderate)

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

11/07/2025

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain, physical finding has reduced local muscles tenderness. Patient tolerated acupuncture treatment with good 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 :36#x0.5" , 34#x1" ,30# x1.5"

Daily acupuncture treatment for neck - 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 BL11, BL13, DU14, BAI LAO

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after

treatment.
Documentation

Today's treatment principles:
pay attention on activating Blood circulation to dissipate blood stagnant to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Cervicalgia(M54.2)

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 pricking, weighty pain in neck and upper back area with dizziness, with headache associated with muscles heaviness (scale as 50%-60%), impaired performing ADL's with moderate to severe difficulty of performing household chores, cooking and moderate to severe difficulty of gargling.

Pain Scale: 6-5 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius

Grading Scale: moderate

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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

Muscles spasm noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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

Cervical Muscles Strength and Spine ROM Assessment:

4/5 Extension (look up): 25 Degrees(moderate)

4/5 Flexion (look down): 25 Degrees(moderate)

4/5 Rotation to Right (look to right): 35 Degrees(moderate)

4/5 Rotation to Left (look to left): 35 Degrees(moderate)

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

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

11/05/2025

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain, physical finding has remained the same last visit. Patient tolerated acupuncture treatment with good 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 : 36#x0.5" , 34#x1" , 30# x1.5"

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Patient still c/o pricking, weighty pain in neck and upper back area with dizziness, with headache associated with muscles heaviness (scale as 50%-60%), impaired performing ADL's with moderate to severe difficulty of performing household chores, cooking and moderate to severe difficulty of gargling.

Pain Scale: 6 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius

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4/5 Rotation to Left (look to left): 35 Degrees(moderate)

4+5 Flexion to the Right (bending right): 20 Degrees(moderate)

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

11/03/2025

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with improvement of symptom(s). The patient has remained the same as last time visit, physical finding has remained the same last visit. Patient tolerated acupuncture treatment with good 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 : 36#x0.5" , 34#x1" ,30# x1.5"

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Tightness muscles noted along Levator Scapulae, Trapezius

Grading Scale: moderate

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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Muscles spasm noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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4+5 Flexion to the Right (bending right): 20 Degrees(moderate)

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

07/24/2025

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased heaviness sensation, physical finding has reduced local muscles tightness. Patient tolerated acupuncture treatment with good 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 :36#x0.5" , 34#x1" ,30# x1.5"

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Subjective:

Follow up visit
Patient reports: there is improvement of symptom(s) because of more energy level throughout the day.
Patient still c/o pricking, weighty pain in neck and upper back area with dizziness, with headache associated with muscles heaviness (scale as 60%-70%), impaired performing ADL's with moderate to severe difficulty of performing household chores, cooking and moderate to severe difficulty of gargling.

Pain Scale: 6 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius
Grading Scale: moderate to severe

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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

Muscles spasm noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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4/5 Rotation to Left (look to left): 35 Degrees(moderate)

4+5 Flexion to the Right (bending right): 20 Degrees(moderate)

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

07/23/2025

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased difficulty in performing ADLs, physical finding has increased muscles strength. Patient tolerated acupuncture treatment with good 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 :36#x0.5" , 34#x1" ,30# x1.5"

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Post treatment service and education patient about precautions at home after treatment.
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Today's treatment principles:
pay attention on activating Blood circulation to dissipate blood stagnant to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Cervicalgia(M54.2)

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Pain Scale: 6 /10

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

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Grading Scale: moderate to severe

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Muscles spasm noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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4/5 Rotation to Right (look to right): 35 Degrees(moderate)

4/5 Rotation to Left (look to left): 35 Degrees(moderate)

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

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

06/25/2025

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

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

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

Plan:

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pay attention on activating Blood circulation to dissipate blood stagnant to speed up the recovery, soothe the tendon.

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Subjective:

Follow up visit

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

Patient still c/o pricking, weighty pain in neck and upper back area with dizziness, with headache associated with muscles heaviness (scale as 60%-70%), impaired performing ADL's with moderate to severe difficulty of performing household chores, cooking and moderate to severe difficulty of gargling, tilting head to talking the phone.

Pain Scale: 7 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius

Grading Scale: moderate to severe

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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

Muscles spasm noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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

Cervical Muscles Strength and Spine ROM Assessment:

4/5 Extension (look up): 25 Degrees(moderate)

4/5 Flexion (look down): 25 Degrees(moderate)

4/5 Rotation to Right (look to right): 35 Degrees(moderate)

4/5 Rotation to Left (look to left): 35 Degrees(moderate)

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

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

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased heaviness sensation, physical finding has increased local muscles tenderness. Patient tolerated acupuncture treatment with good 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 :36#x0.5" , 34#x1" ,30# x1.5"

Daily acupuncture treatment for neck - 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:
pay attention on activating Blood circulation to dissipate blood stagnant to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Cervicalgia(M54.2)

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 pricking, weighty pain in neck and upper back area with dizziness, with headache associated with muscles heaviness (scale as 80%), impaired performing ADL's with moderate to severe difficulty of performing household chores, cooking and moderate to severe difficulty of gargling, tilting head to talking the phone.

Pain Scale: 7 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius

Grading Scale: moderate to severe

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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 Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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

Cervical Muscles Strength and Spine ROM Assessment:

4/5 Extension (look up): 25 Degrees(moderate)

4/5 Flexion (look down): 25 Degrees(moderate)

4/5 Rotation to Right (look to right): 35 Degrees(moderate)

4/5 Rotation to Left (look to left): 35 Degrees(moderate)

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

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

06/16/2025

Inspection: local skin no damage or rash

tongue

yellow, sticky (red), thick coat

pulse

rapid

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain, physical finding has increased muscles strength. Patient tolerated acupuncture treatment with good 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 :36#x0.5" , 34#x1" ,30# x1.5"

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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:
pay attention on activating Blood circulation to dissipate blood stagnant to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Cervicalgia(M54.2)

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

Subjective: INITIAL EVALUATION

Patient c/o Acute pain in neck which is pricking, weighty with dizziness, with headache. The patient has been complaining of the pain for 1 month(s) which got worse in recent 2 week(s). The pain is associated with muscles numbness (scale as 80%) due to weather change, poor sleep.

The pain is exacerbated by mental stress, poor sleep, prolonged sitting, impaired performing ADL's with moderate to severe difficulty of performing household chores, cooking and moderate to severe difficulty of gargling, tilting head to talking the phone. Changing positions, Resting can temporarily relieve the pain slightly but limited. Patient has decrease housework, the pain did not **improve after a week** which promoted the patient to seek acupuncture and oriental medicine intervention.

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

Pain Scale: Worst: 7 ; Best: 3-2 ; Current: 7-6

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

Medical history/Contraindication or Precision: Diabetes, Osteoporosis, Fractures, stomach trouble, Cholesterol

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius
Grading Scale: moderate to severe

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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 Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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

Cervical Muscles Strength and Spine ROM Assessment:

4-5 Extension (look up): 25 Degrees(moderate)

4-5 Flexion (look down): 25 Degrees(moderate)

4-5 Rotation to Right (look to right): 35 Degrees(moderate)

4-5 Rotation to Left (look to left): 35 Degrees(moderate)

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

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

Inspection: local skin no damage or rash

06/11/2025

tongue
yellow, sticky (red), thick coat
pulse
rapid

Assessment: TCM Dx:

Cervical pain due to Qi Stagnation, Blood Stasis in local meridian, but patient also has Phlegm-Heat in the general.

Today's TCM treatment principles:

pay attention on activating Blood circulation to dissipate blood stagnant and harmonize 5 elements balance in order to promote good essence.

Acupuncture Eval was done today on Cervical

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 3-4.

Decrease numbness sensation Scale to 50%-60%.

Decrease Muscles Tightness to moderate

Decrease Muscles Tenderness to Grade 2

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 2

Decrease numbness sensation Scale to 10%-20%.

Decrease Muscles Tightness to mild

Decrease Muscles Tenderness to Grade 1

Decrease Muscles Spasms to Grade 1

Increase Muscles Strength to 5

Increase ROM 80%

Decrease Impaired Activities of Daily Living to mild.

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

Daily acupuncture treatment for neck - 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 BL11, BL13, DU14, BAI LAO

Removing and properly disposing of needles

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

Documentation

Diagnosis Code: (1) Cervicalgia(M54.2)

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

Printed on 2026/02/04

Patient: LIN, ZHEN W