

CC Acupuncture PC

PATIENT: SHEK, HOI MIN Gender: Male
DOB: 12/03/1949 AGE AS OF 02/04/2026: 76y

Subjective: INITIAL EVALUATION

Patient c/o Chronic pain in neck which is Aching, pin & needles without radiation. The patient has been complaining of the pain for 8 year(s) which got worse in recent 4 day(s) The pain is associated with muscles soreness (scale as 70%-80%) due to age related/degenerative changes, weather change.

The pain is exacerbated by excessive time using electric devices, prolonged sitting, impaired performing ADL's with moderate to severe difficulty of gargling, sit and watching TV over 20 mins and moderate to severe difficulty of performing household chores. Moving around, Changing positions can temporarily relieve the pain slightly but limited. Patient has decrease time using electric devices, 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, knee area comes and goes, which is less severe compared to the Cervical area.

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

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

Walking aid: none

Medical history/Contraindication or Precision: Hypertension, Herniated Disk, Osteoporosis

Objective: Muscles Testing:

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

3+/5 Rotation to Right (look to right): 35 Degrees(moderate)

3+/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

full

Assessment: TCM Dx:

Cervical pain due to Phlegm-Heat in local meridian, but patient also has Kidney Yin Deficiency in the general.

Today's TCM treatment principles:

pay attention on clear heat, dispelling the flame and harmonize Liver and Kidney 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)

06/11/2025

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 4-5.
Decrease soreness sensation Scale to 50%.
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 3
Decrease soreness 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)

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