

CC Acupuncture PC

PATIENT: LIN, YE C Gender: Male
DOB: 09/06/1944 AGE AS OF 02/04/2026: 81y

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, cold pain in neck and upper back area with migraine associated with muscles heaviness (scale as 40%-50%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering.

Pain Scale: 4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles

Grading Scale: mild to 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): 30 Degrees(moderate)

4-5 Flexion (look down): 30 Degrees(mild)

4-5 Rotation to Right (look to right): 45 Degrees(moderate)

4-5 Rotation to Left (look to left): 40 Degrees(moderate)

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

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

09/10/2025

Inspection: local skin no damage or rash

tongue
thin white coat
pulse
string-taut

Assessment:

Patient continue treatment for neck and upper back with migraine 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 joint ROM. 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, BL14, SI14

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 promote circulation, relieves pain 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, cold pain in neck and upper back area with migraine associated with muscles heaviness (scale as 60%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering.

Pain Scale: 4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles

Grading Scale: mild to 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): 30 Degrees(moderate)

4-5 Flexion (look down): 30 Degrees(mild)

4-5 Rotation to Right (look to right): 40 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)

09/03/2025

Inspection:

local skin no damage or rash

tongue
 thin white coat
 pulse
 string-taut

Assessment:

Patient continue treatment for neck and upper back with migraine 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 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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Back Points: (15 mins) - personal one on one contact with the patient

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inserted without electrical stimulation BL11, BL13, BL14, SI14

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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, cold pain in neck and upper back area with migraine associated with muscles heaviness (scale as 60%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering.

Pain Scale: 5 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles
 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): 30 Degrees(moderate)

4/5 Flexion (look down): 30 Degrees(mild)

4/5 Rotation to Right (look to right): 40 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)

08/28/2025

Inspection: local skin no damage or rash

tongue
 thin white coat
 pulse
 string-taut

Assessment:

Patient continue treatment for neck and upper back with migraine 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 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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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

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pay attention on promote circulation, relieves pain 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, cold pain in neck and upper back area with migraine associated with muscles heaviness (scale as 60%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering.

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, sternocleidomastoid muscles

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

Cervical Muscles Strength and Spine ROM Assessment:

4/5 Extension (look up): 30 Degrees(moderate)

4/5 Flexion (look down): 30 Degrees(mild)

4/5 Rotation to Right (look to right): 40 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

thin white coat

pulse

string-taut

Assessment:

Patient continue treatment for neck and upper back with migraine 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 joint ROM. 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)

08/27/2025

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, BL14, SI14

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 promote circulation, relieves pain 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, cold pain in neck and upper back area with migraine associated with muscles heaviness (scale as 60%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering.

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, sternocleidomastoid muscles

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: (+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): 30 Degrees(mild)

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

thin white coat

pulse

string-taut

Assessment:

Patient continue treatment for neck and upper back with migraine 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 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"

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, BL14, SI14

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 promote circulation, relieves pain 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, cold pain in neck and upper back area with migraine associated with muscles heaviness (scale as 70%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering.

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, sternocleidomastoid muscles

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: (+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): 30 Degrees(mild)

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

08/07/2025

tongue

thin white coat

pulse

string-taut

Assessment:

Patient continue treatment for neck and upper back with migraine 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 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"

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, BL14, SI14

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 promote circulation, relieves pain 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, cold pain in neck and upper back area with migraine associated with muscles heaviness (scale as 70%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering.

Pain Scale: 8-7 /10

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

Objective: Muscles Testing:

Tightness muscles noted along 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): 30 Degrees(mild)

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

07/30/2025

tongue

thin white coat

pulse

string-taut

Assessment:

Patient continue treatment for neck and upper back with migraine area today. The patient's general condition is fair, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient

has decreased heaviness sensation, physical finding has reduced joint ROM limitation. 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, BL14, SI14

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 promote circulation, relieves pain 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 Dull, Aching without radiation . The patient has been complaining of the pain fort 9 year(s) which got worse in recent 1 week (s). The pain is associated with muscles soreness (scale as 70%-80%) due to poor sleep, excessive used of phone/tablet.

The pain is aggravated by poor sleep, sleep to the side, prolonged sitting, impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of washing hair, showering. Changing positions, Stretching can temporarily relieve the pain slightly but limited. Patient has decrease sitting time, 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 upper back, shoulder, knee area comes and goes, which is less severe compared to the Cervical area.

Pain Scale: Worst: 8 ; Best: 7 ; Current: 7

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

Medical history/Contraindication or Precision: Diabetes, Hypertension, Cholesterol

Objective: Muscles Testing:

Tightness muscles noted along 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

thin white coat

pulse

string-taut

Assessment: TCM Dx:

Cervical pain due to Qi Stagnation, Blood Stasis in local meridian, but patient also has LU & KI Deficiency in the general.

Today's TCM treatment principles:

pay attention on activating Blood circulation to dissipate blood stagnant 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)

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 5.

Decrease soreness 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 3-4

Decrease soreness sensation Scale to 30%-40%.

Decrease Muscles Tightness to mild

Decrease Muscles Tenderness to Grade 1

Decrease Muscles Spasms to Grade 1

Increase Muscles Strength to 5

Increase ROM 60%

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, BL14, SI14

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