

CC Acupuncture PC

PATIENT: CHEN, YANYU Gender: Female
 DOB: 08/23/1963 AGE AS OF 02/04/2026: 62y

Subjective: INITIAL EVALUATION

Patient c/o Chronic pain along right elbow which is Freezing, Shooting without radiation. The patient has been complaining of the pain for 7 year(s) which got worse in recent 1 week(s) The pain is associated with muscles weakness (scale as 70%-80%) due to over used due to nature of work.

The pain is aggravated by any strenuous activities, repetitive motions, push the door, impaired performing ADL's with moderate to severe difficulty of put on/take off the clothes and moderate to severe difficulty of holding the pot for cooking, performing household chores. 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, knee area comes and goes, which is less severe compared to the Right elbow area pain.

Pain Scale: Worst: 7 ; Best: 6-5 ; Current: 7

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

Walking aid :none

Medical history/Contraindication or Precision: Hypertension

Objective: Muscles Testing:

Tightness muscles noted along Lattissimus dorsi, Internal oblique, External oblique
 Grading Scale: moderate to severe

Tenderness muscles noted along: Erector spinae, Iliac Crest, L2-L5

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: Lattissimus dorsi, Internal oblique, External oblique
 Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Right elbow Muscles Strength and Joint ROM

3+/5 Flexion: 75 degree(moderate)

4/5 Extension: 10 degree (normal)

3+/5 Left side flexion: 25 Degree (moderate)

3+/5 Rt side flexion: 20 Degree (moderate)

3+/5 Left side rotation: 25 Degree (moderate)

3+/5 Right side rotation: 20 Degree (moderate)

Inspection:weak muscles and dry skin without luster

tongue
 big tongue with white sticky coat
 pulse
 string-taut

Assessment: TCM Dx:

Right elbow pain due to Cold-Damp + Wind-Cold in local meridian, but patient also has Qi & Blood Deficiency in the general.

Today's TCM treatment principles:

emphasize on dispelling cold, drain the dampness and harmonize healthy qi and to expel pathogen factor to promote balance in order to promote healthy joint and lessen dysfunction in all aspects.

Acupuncture Eval was done today Right elbow

Plan: Initial Evaluation - Personal one on one contact with the patient (total 15-20 mins)

07/10/2025

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 weakness sensation Scale to 60%.
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 2-3
Decrease weakness sensation Scale to 4
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 elbow - Personal one on one contact with the patient (Total Operation Time: 15 mins)

Front 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 for without electrical stimulation SJ9, SJ12, LI7, LI11

Removing and properly disposing of needles

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

Documentation

Diagnosis Code: (1) Pain in right elbow(M25.521)

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

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