

CC Acupuncture PC

PATIENT: CHEN, SAIZHU Gender: Female
DOB: 04/17/1946 AGE AS OF 02/04/2026: 79y

Subjective:

Follow up visit

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

Patient still c/o Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 40%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: mild

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

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

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 105 Degrees(mild)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue :
pale, thin white coat
pulse
thready

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain duration, physical finding has remained the same last visit. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

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

Daily acupuncture treatment for knee - 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. 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the

09/03/2025

tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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 Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 40%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 5 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: mild

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

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

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 105 Degrees(mild)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue :

pale, thin white coat

pulse

thready

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain frequency, physical finding has remained the same last visit. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

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

Daily acupuncture treatment for knee - 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. 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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

08/28/2025

Subjective:

Follow up visit

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

Patient still c/o Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 40%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 5 /10**Pain frequency:** Constant (symptoms occur between 76% and 100% of the time)

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis

Grading Scale: mild

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

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

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 105 Degrees(mild)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue :

pale, thin white coat

pulse

thready

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain duration, physical finding has remained the same last visit. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

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

Daily acupuncture treatment for knee - 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. 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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

Subjective:

08/27/2025

Follow up visit
Patient reports: there is improvement of symptom(s) because of more energy level throughout the day .
Patient still c/o Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 40%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 6 /10

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

Objective: Muscles Testinq:
Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: mild

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 105 Degrees(mild)
4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue :
pale, thin white coat
pulse
thready

Assessment:
The patient continues treatment for along right knee area today.
The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased muscles weakness, physical finding has reduced joint ROM limitation. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.
Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:
Select Needle Size : 34#x1" ,30# x1.5",30# x2"
Daily acupuncture treatment for knee - 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. 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles
Post treatment service and education patient about precautions at home after treatment.
Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)
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 Freezing, Shooting pain along right knee area without radiation ,

08/25/2025

associated with muscles weakness (scale as 40%-50%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 6 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis

Grading Scale: mild

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+2) = There is mild tenderness with grimace and flinch to moderate palpation .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

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

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

08/21/2025

tongue :
pale, thin white coat
pulse
thready

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased muscles weakness, physical finding has reduced local muscles tenderness. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

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

Daily acupuncture treatment for knee - 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. 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles

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

Documentation

Today's treatment principles:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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 Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 50%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 6 /10**Pain frequency:** Constant (symptoms occur between 76% and 100% of the time)**Objective: Muscles Testing:**

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: mild

Tenderness muscle noted along Gastrocnemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

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

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

08/20/2025

tongue :
pale, thin white coat
pulse
thready

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased difficulty in performing ADLs, physical finding has reduced local muscles tightness. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

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

Daily acupuncture treatment for knee - 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

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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:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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 Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 50%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 6 /10**Pain frequency:** Constant (symptoms occur between 76% and 100% of the time)**Objective: Muscles Testing:**

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: mild to moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)
4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

08/18/2025

tongue :
pale, thin white coat
pulse
thready

Assessment:

The patient continues treatment for along right knee area today.
The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased muscles weakness, physical finding has reduced local muscles spasms. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.
Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"
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Front 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles
Post treatment service and education patient about precautions at home after treatment.
Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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 Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 50%-60%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 6 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: mild to moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group,

Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

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

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

08/14/2025

tongue :
pale, thin white coat
pulse
thready

Assessment:

The patient continues treatment for along right knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased muscles weakness, physical finding has reduced local muscles tightness. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.

Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

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

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Front 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:

focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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 Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 70%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 6 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris

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

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)

4-/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

08/13/2025

tongue :
pale, thin white coat
pulse
thready

Assessment:

The patient continues treatment for along right knee area today.
The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain duration, physical finding has slight increased muscles strength. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.
Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"
Daily acupuncture treatment for knee - 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. 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles
Post treatment service and education patient about precautions at home after treatment.
Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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 Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 70%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 7 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: moderate

Tenderness muscle noted along Gastrocnemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris
Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)

3+/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

06/19/2025

tongue :
pale, thin white coat
pulse
thready

Assessment:

The patient continues treatment for along right knee 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 positive verbal response. No adverse side effect post treatment. Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"
Daily acupuncture treatment for knee - 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. 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 for front points without electrical stimulation SP9, KD3, XI YAN, LV4

Removing and properly disposing of needles
Post treatment service and education patient about precautions at home after treatment.
Documentation

Today's treatment principles:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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 Freezing, Shooting pain along right knee area without radiation , associated with muscles weakness (scale as 70%), impaired performing ADL's with moderate to severe difficulty Standing for long periods of time, Walking for long periods of time and moderate to severe difficulty Standing for long periods of time, Walking for long periods of time.

Pain Scale: 7 /10**Pain frequency:** Constant (symptoms occur between 76% and 100% of the time)**Objective:** Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris
Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 100 Degrees(moderate)
3+/5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

06/18/2025

tongue :
pale, thin white coat
pulse

thready

Assessment:

The patient continues treatment for along right knee area today.
The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has decreased pain duration, physical finding has slightly reduced joint ROM limitation. Patient tolerated acupuncture treatment with positive verbal response. No adverse side effect post treatment.
Current patient still has Qi & Blood Deficiency in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2"
Daily acupuncture treatment for knee - 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
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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:
focus on promote circulation, relieves pain to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right knee(M25.561)

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

Subjective: INITIAL EVALUATION

Patient c/o Chronic pain in right Knee area which is Dull, Aching without radiation. The patient has been complaining of the pain for more than 10 year(s) which got worse in recent 2week(s). The pain is associated with muscles weakness (scale as 70%) due to prolong walking .

The pain is aggravated by Prolonge walking, Stair climbing , There is moderate difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

Resting, Lying down can temporarily relieve the pain. Due to this condition patient has decrease outside activity, decrease walking time 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, hip area comes and goes, which is less severe compared to the Right Knee area pain.

Pain Scale: Worst: 8 ; Best: 6 ; Current: 8

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

Walking aid :none

Medical history/Contraindication or Precision: Herniated Disk, Osteoporosis

Objective: Muscles Testing:

Tightness muscles noted along Adductor longus/ brev/ magnus, Rectus Femoris, Hamstrings muscle group, Plantar Fasciitis
Grading Scale: moderate

Tenderness muscle noted along Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Intrinsic Foot Muscle group

Tenderness Scale: (+3) = There is severe tenderness with withdrawal .

Muscles spasm noted along Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB, Rectus Femoris
Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Right Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)
3+ /5 Extension(fully straight): 0(normal)

Inspection: local skin no damage or rash

tongue :
pale, thin white coat
pulse
thready

06/16/2025

Assessment: TCM Dx:
Right knee pain due to Qi & Blood Deficiency in local meridian, but patient also has Kidney Yang Deficiency in the general.
Today's TCM treatment principles:
focus on promote circulation, relieves pain and harmonize yin/yang balance in order to promote healthy joint and lessen dysfunction in all aspects.
Acupuncture Eval was done todayRightknee area.

Plan: Initial Evaluation - Personal one on one contact with the patient (total 30-44 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 to5.
Decrease weakness sensation Scale to (40%-50%)
Decrease Muscles Tightness to moderate
Decrease Muscles Tenderness to Grade 3
Decrease Muscles Spasms to Grade 2
Increase Muscles Strength to4

Long Term Goal (ADDITIONAL MAINTENANCE & SUPPORTING TREATMENTS
FREQUENCY: 8 treatments in 5-6 weeks):
Decrease Pain Scale to3
Decrease weakness sensation Scale to (20%-30%)
Decrease Muscles Tightness to mild-moderate
Decrease Muscles Tenderness to Grade 2
Decrease Muscles Spasms to Grade 1
Increase Muscles Strength to5
Increase ROM 80%
Decrease impaired Activities of Daily Living to mild.

Select Needle Size : 34#x1" ,30# x1.5",30# x2"
Daily acupuncture treatment for knee - 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 front points without electrical stimulation SP9, KD3, XI YAN, LV4

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 knee(M25.561)
Procedure Code: (1) ACUP 1/> WO ESTIM 1ST 15 MIN(97810)