

## CC Acupuncture PC

PATIENT: ZHANG, JUNHUA Gender: Male  
DOB: 07/16/1949 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 Dull, Freezing pain in left knee area without radiation , associated with muscles soreness (scale as 50%), impaired performing ADL's with moderate difficulty with ADLs like Rising from a chair, standing for cooking, bending knee to sit position.

**Pain Scale: 5-4 /10**

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

Objective: Muscles Testing:  
Tightness muscles noted along Piriformis muscle, Quadratus femoris, Adductor longus/ brev/ magnus, Gastronemius muscle, Tibialis Post/ Anterior, Achilles Tendon  
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 Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Iliotibial Band ITB, Rectus Femoris, Gastronemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis  
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Left Knee Muscles Strength and Joint ROM:

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

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

11/05/2025

**Inspection:** local skin no damage or rash

tongue :  
pale, thin white coat  
pulse  
weak

Assessment: The patient continues treatment for in left knee area today.  
The patient's general condition is good, compared with last treatment, the patient presents with exacerbate of symptom(s). The patient has slightly decreased muscles soreness sensation, 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 ST36, KD10, XI YAN, LV4, A SHI POINT

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 left knee(M25.562)

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

Subjective: Follow up visit

Patient reports: there is exacerbate of symptom(s) because of discontinuous treatment, exposure to cold air .

Patient still c/o Dull, Freezing pain in left knee area without radiation , associated with muscles soreness (scale as 60%), impaired performing ADL's with moderate difficulty with ADLs like Rising from a chair, standing for cooking, bending knee to sit position.

**Pain Scale: 5-4 /10**

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

Objective: Muscles Testing:

Tightness muscles noted along Piriformis muscle, Quadratus femoris, Adductor longus/ brev/ magnus, Gastrocnemius muscle, Tibialis Post/ Anterior, Achilles Tendon

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 Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Iliotibial Band ITB, Rectus Femoris, Gastrocnemius muscle, Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis  
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Left Knee Muscles Strength and Joint ROM:

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

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

11/03/2025

**Inspection:** local skin no damage or rash

tongue :

pale, thin white coat

pulse

weak

Assessment: The patient continues treatment for in left knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with exacerbate 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 & 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 ST36, KD10, XI YAN, LV4, A SHI POINT

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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 left knee(M25.562)

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 Dull, Aching pain in left knee area without radiation , associated with muscles soreness (scale as 50%), impaired performing ADL's

with moderate difficulty with ADLs like 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 Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Achilles Tendon  
Grading Scale: moderate

Tenderness muscle noted along Gastrocnemius 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 Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Achilles Tendon  
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Left Knee Muscles Strength and Joint ROM:

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

08/04/2025

**Inspection:** weak muscles and dry skin without luster

tongue :  
pale, thin white coat  
pulse  
thready

**Assessment:** The patient continues treatment for in left 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 soreness sensation, physical finding has slightly reduced local muscles tenderness. Patient tolerated acupuncture treatment with good 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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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 left knee(M25.562)

**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 Dull, Aching pain in left knee area without radiation , associated with muscles soreness (scale as 60%), impaired performing ADL's with moderate difficulty with ADLs like 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 Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Achilles Tendon  
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 Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Achilles Tendon  
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Left Knee Muscles Strength and Joint ROM:

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

**Inspection:** weak muscles and dry skin without luster

tongue :  
pale, thin white coat  
pulse  
thready

Assessment: The patient continues treatment for in left 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, physical finding has slightly reduced joint ROM limitation. Patient tolerated acupuncture treatment with good 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 ST35, ST36, SP3, HE DING

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

Diagnosis Code: (1) Pain in left knee(M25.562)

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 Dull, Aching pain in left knee area without radiation , associated with muscles soreness (scale as 60%), impaired performing ADL's with moderate difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

**Pain Scale: 6 /10**

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

Objective: Muscles Testing:  
Tightness muscles noted along Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Achilles Tendon  
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 Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Achilles Tendon  
Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

07/24/2025

Left Knee Muscles Strength and Joint ROM:

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

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

07/07/2025

**Inspection:** weak muscles and dry skin without luster

tongue :

pale, thin white coat

pulse

thready

Assessment: The patient continues treatment for in left 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 soreness sensation, physical finding has slight increased joint ROM. Patient tolerated acupuncture treatment with good 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 left knee(M25.562)

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 Dull, Aching pain in left knee area without radiation , associated with muscles soreness (scale as 60%-70%), impaired performing ADL's with moderate difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

**Pain Scale: 6 /10**

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

Objective: Muscles Testing:

Tightness muscles noted along Gluteus medius / minimus, Piriformis muscle,

Quadratus femoris, Achilles Tendon

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 Hamstrings muscle group, Tibialis Post/ Anterior,

Plantar Fasciitis, Achilles Tendon

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

Left Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)

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

06/30/2025

**Inspection:** weak muscles and dry skin without luster

tongue :

pale, thin white coat

pulse

thready

Assessment: The patient continues treatment for in left 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 soreness sensation, physical finding has slight increased muscles strength. Patient tolerated acupuncture treatment with good 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 ST35, ST36, SP3, HE DING

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 left knee(M25.562)

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 less difficulty performing daily activities .

Patient still c/o Dull, Aching pain in left knee area without radiation , associated with muscles soreness (scale as 70%), impaired performing ADL's with moderate difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

**Pain Scale: 6 /10**

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

Objective: Muscles Testing:

Tightness muscles noted along Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Achilles Tendon

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 Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Achilles Tendon

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

Left Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)

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

**Inspection:** weak muscles and dry skin without luster

tongue :

pale, thin white coat

pulse

thready

Assessment: The patient continues treatment for in left 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 increase ease with functional mobility. 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)

06/25/2025

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 ST35, ST36, SP3, HE DING

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 left knee(M25.562)

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 can move joint more freely and with less pain .

Patient still c/o Dull, Aching pain in left knee area without radiation , associated with muscles soreness (scale as 70%), impaired performing ADL's with moderate to severe difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

**Pain Scale: 6 /10**

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

Objective: Muscles Testing:

Tightness muscles noted along Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Achilles Tendon  
 Grading Scale: moderate to severe

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 Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Achilles Tendon  
 Frequency Grading Scale: (+2)=Occasional spontaneous spasms and easily induced spasms.

Left Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)

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

**Inspection:** weak muscles and dry skin without luster

tongue :  
 pale, thin white coat  
 pulse  
 thready

Assessment: The patient continues treatment for in left knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has slightly decreased pain, physical finding has reduced local muscles spasms. Patient tolerated acupuncture treatment with excellent outcome due reducing pain. 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

06/23/2025

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

Diagnosis Code: (1) Pain in left knee(M25.562)

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 Dull, Aching pain in left knee area without radiation , associated with muscles soreness (scale as 70%), impaired performing ADL's with moderate to severe difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

### Pain Scale: 7-6 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Achilles Tendon  
Grading Scale: moderate to severe

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 Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Achilles Tendon  
Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Left Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 95 Degrees(moderate)

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

**Inspection:** weak muscles and dry skin without luster

tongue :  
pale, thin white coat  
pulse  
thready

Assessment: The patient continues treatment for in left knee area today.

The patient's general condition is good, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has slightly decreased pain, 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

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 ST35, ST36, SP3, HE DING

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 left knee(M25.562)

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

Subjective: INITIAL EVALUATION

Patient c/o Chronic pain in left Knee area which is Dull, Aching without radiation.

06/19/2025



The patient has been complaining of the pain for 6 year(s) which got worse in recent 2 month(s). The pain is associated with muscles soreness (scale as 70%) due to age related/degenerative changes, intense exercise prolong walking .

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

Resting, Applying heating pad 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 shoulder area comes and goes, which is less severe compared to the Left Knee area pain.

**Pain Scale: Worst: 7 ; Best: 6 ; Current: 7**

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

**Medical history/Contraindication or Precision:** Hypotension, Herniated Disk

Objective: Muscles Testing:

Tightness muscles noted along Gluteus medius / minimus, Piriformis muscle, Quadratus femoris, Achilles Tendon  
Grading Scale: moderate to severe

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 Hamstrings muscle group, Tibialis Post/ Anterior, Plantar Fasciitis, Achilles Tendon  
Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Left Knee Muscles Strength and Joint ROM:

4-/5 Flexion(fully bent): 90 Degrees(moderate)

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

**Inspection:** weak muscles and dry skin without luster

tongue :  
pale, thin white coat  
pulse  
thready

Assessment: TCM Dx:

Left knee pain due to Qi & Blood Deficiency in local meridian, but patient also has Kidney Qi Deficiency in the general.

Today's TCM treatment principles:

focus on promote circulation, relieves pain and harmonize yin/yang balance in order to promote zheng qi.

Acupuncture Eval was done today Left knee area.

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 (40%-50%)  
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 3  
Decrease soreness 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 to 5

06/16/2025

Increase ROM 70%  
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 ST35, ST36, SP3, HE DING

Removing and properly disposing of needles

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

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Diagnosis Code: (1) Pain in left knee(M25.562)

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Printed on 2026/02/04

Patient: ZHANG, JUNHUA