

CC Acupuncture PC

PATIENT:LIN, YUZHU Gender: Female

DOB:12/09/1955 AGE AS OF 02/04/2026: 70y

Subjective:

Follow up visit
Patient reports: there is improvement of symptom(s) because of sleep quality improved.
Patient still c/o pin & needles pain on lower back area without radiation, associated with muscles weakness (scale as 60%), impaired performing ADL's with severe difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

Pain Scale: 7-6 /10
Pain frequency: Constant (symptoms occur between 76% and 100% of the time)

Objective: Muscles Testing:
Tightness muscles noted along longissimus, Gluteal Muscles, The Multifidus muscles
Grading Scale: moderate

Tenderness muscle noted along Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+2) = Patient states that the area is moderately tender.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles:
Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Lumbar Muscles Strength and Spine ROM
4-/5 Flexion: 60 Degrees(moderate)
3+/5 Extension: 15 Degrees(moderate)
4-/5 Rotation to Right: 20 Degrees(moderate)
3+/5 Rotation to Left: 20 Degrees(moderate)
3+/5 Flexion to the Right: 20 Degrees(moderate)
4-/5 Flexion to the Left: 20 Degrees(moderate)

Inspection: weak muscles and dry skin without luster

10/27/2025

tongue
big tongue with white sticky coat
pulse
rolling

Assessment:

The patient continues treatment for lower back area today.
The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has reduced 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 Phlegm-Damp in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"
Daily acupuncture treatment for lower back - 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 BL26, BL40, BL53, SI 3

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

Today's treatment principles:
consist of promoting on drain the dampness, clear damp to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Other low back pain(M54.59)

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 pin & needles pain on lower back area without radiation, associated with muscles weakness (scale as 70%), impaired performing ADL's with severe difficulty with ADLs like Standing for long periods of time, Walking for long periods of time.

Pain Scale: 7-6 /10

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

Objective: Muscles Testing:

Tightness muscles noted along longissimus, Gluteal Muscles, The Multifidus muscles
Grading Scale: moderate

Tenderness muscle noted along Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

Grading Scale: (+3) = Patient complains of considerable tenderness and withdraws momentarily in response to the test pressure.

Muscles spasm noted along longissimus, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles:
Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Lumbar Muscles Strength and Spine ROM

4-/5 Flexion: 60 Degrees(moderate)

3+/5 Extension: 15 Degrees(moderate)

4-/5 Rotation to Right: 20 Degrees(moderate)

3+/5 Rotation to Left: 20 Degrees(moderate)

3+/5 Flexion to the Right: 20 Degrees(moderate)

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

Inspection: weak muscles and dry skin without luster

09/12/2025

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Assessment:

The patient continues treatment for lower back area today.
The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has reduced difficulty in performing ADLs, 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 Phlegm-Damp in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"
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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 pin & needles pain on lower back area without radiation, associated with muscles weakness (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: Constant (symptoms occur between 76% and 100% of the time)

Objective: Muscles Testing:

Tightness muscles noted along longissimus, Gluteal Muscles, The Multifidus muscles

Grading Scale: moderate

Tenderness muscle noted along Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

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 longissimus, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles:

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

Lumbar Muscles Strength and Spine ROM

4-/5 Flexion: 60 Degrees(moderate)

3+/5 Extension: 15 Degrees(moderate)

4-/5 Rotation to Right: 20 Degrees(moderate)

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

Inspection: weak muscles and dry skin without luster

09/10/2025

tongue

big tongue with white sticky coat

pulse

rolling

Assessment:

The patient continues treatment for lower back area today.

The patient's general condition is good, compared with last treatment, the patient presents with improvement of symptom(s). The patient has reduced pain duration, 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 Phlegm-Damp in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5",30# x2",30#x3"

Daily acupuncture treatment for lower back - 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

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Post treatment service and education patient about precautions at home after treatment.
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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 pin & needles pain on lower back area without radiation, associated with muscles weakness (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: 8 /10

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

Objective: Muscles Testing:

Tightness muscles noted along longissimus, Gluteal Muscles, The Multifidus muscles
Grading Scale: moderate to severe

Tenderness muscle noted along Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

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 longissimus, Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles:
Frequency Grading Scale: (+3)=>1 but < 10 spontaneous spasms per hour.

Lumbar Muscles Strength and Spine ROM

4-/5 Flexion: 60 Degrees(moderate)

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

Inspection: weak muscles and dry skin without luster

09/05/2025

tongue
big tongue with white sticky coat
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rolling

Assessment:

The patient continues treatment for lower back 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 Phlegm-Damp in local meridian that cause the pain.

Plan:

Select Needle Size : 34#x1" ,30# x1.5" ,30# x2" ,30#x3"

Daily acupuncture treatment for lower back - Personal one on one contact with the patient (Total Operation Time: 15 mins)

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

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Subjective: INITIAL EVALUATION

Patient c/o Chronic pain along bilateral lower back which is pin & needles without radiation. The patient has been complaining of the pain for 8 year(s) which got worse in recent 3 week(s) . The pain is associated with muscles weakness (scale as 70%) due to age related/degenerative changes, strain when pick up heavy object from floor.

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

Changing positions, Resting, Massage 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 upper back, ankle comes and goes, which is less severe compared to the along bilateral lower back pain.

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

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

Walking aid : none

Medical history/Contraindication or Precision: Osteoporosis, Cholesterol

Objective: Muscles Testing:

Tightness muscles noted along longissimus, Gluteal Muscles, The Multifidus muscles

Grading Scale: moderate to severe

Tenderness muscle noted along Iliopsoas Muscle, Quadratus Lumborum, The Multifidus muscles

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

Inspection: weak muscles and dry skin without luster

09/01/2025

tongue
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Assessment: TCM Dx:
Lower back pain due to Phlegm-Damp in local meridian, but patient also has Kidney Yang Deficiency in the general.
Today's TCM treatment principles:
promote on drain the dampness, clear damp and harmonize yin/yang balance in order to promote good essence.
Acupuncture Eval was done today on bilateral lower back.

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 to5-6.
Decrease weakness sensation Scale to 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 30%
Decrease Muscles Tightness to mild-moderate
Decrease Muscles Tenderness to Grade 1
Decrease Muscles Spasms to Grade 1
Increase Muscles Strength to4+
Increase ROM 60%
Decrease impaired Activities of Daily Living to mild-moderate.

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