

CC Acupuncture PC

PATIENT: CHEN, YIMEI Gender: Female
 DOB: 08/29/1976 AGE AS OF 02/04/2026: 49y

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 8 year(s) which got worse in recent 1 week(s). The pain is associated with muscles soreness (scale as 70%-80%) due to age related/degenerative changes.

The pain is aggravated by any strenuous activities. There is moderate to severe difficulty with ADLs like Rising from a chair, Walking for long periods of time, bending knee to sit position.

Resting, Lying down can temporarily relieve the pain. Due to this condition 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 neck area comes and goes, which is less severe compared to the Right Knee area pain.

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

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

Walking aid : none

Medical history/Contraindication or Precision: N/A

Objective: Muscles Testing:

Tightness muscles noted along Gluteus medius / minimus, Quadratus femoris, Adductor longus/ brev/ magnus, Iliotibial Band ITB
 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)

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

Inspection: weak muscles and dry skin without luster

07/14/2025

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 today Right 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 4.

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 2
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
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)

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