

CC Acupuncture PC

PATIENT: ZHANG, YILAN Gender: Female

DOB: 01/01/1956 AGE AS OF 02/04/2026: 70y

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 along right shoulder area without radiation, associated with muscles soreness (scale as 70%), impaired performing ADL's with moderate to severe difficulty of holding the pot for cooking, performing household chores, doing laundry, put on/take off the clothes and moderate to severe difficulty of holding the pot for cooking, performing household chores.

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

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

Muscles Testing:
Tightness muscles noted along greater tuberosity, AC joint, rhomboids, supraspinatus, triceps short head
Grading Scale: moderate to severe

Tenderness muscles noted along upper trapezius, lesser tuberosity, AC joint, middle deltoid, bicep long head, supraspinatus

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

Muscles spasm noted along rhomboids, deltoid ant fibres, supraspinatus, triceps short head
Frequency Grading Scale: (+3)= >1 but < 10 spontaneous spasms per hour.

Right Shoulder Muscles Strength and Joint ROM
3+/5 Abduction: 120 degree(moderate)
3+/5 Horizontal Adduction: 15 degree (moderate)
3+/5 Flexion : 125 degree(moderate)
3+/5 Extension : 25 Degrees(moderate)
4-/5 External rotation : 60 Degrees(moderate)
4-/5 Internal rotation : 60 Degrees(moderate)

tongue
thin white coat
pulse
string-taut

Assessment:

The patient continues treatment for along right shoulder area 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 session with positive verbal response. No adverse side effect post treatment.
Current patient still has Qi Stagnation, Blood Stasis in local meridian that cause the pain.

Plan: Select Needle Size : 36#x0.5" , 34#x1" ,30# x1.5"
Daily acupuncture treatment for shoulder - 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 BL10, LI16, SI14, SJ10

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

09/10/2025

Documentation

Today's treatment principles:

continue to be emphasize on activating Blood circulation to dissipate blood stagnant to speed up the recovery, soothe the tendon.

Diagnosis Code: (1) Pain in right shoulder(M25.511)

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

Subjective: INITIAL EVALUATION

Patient c/o Chronic pin & needles pain in right-shoulder area (without radiation) for 9 year(s) got worse in recent 1-2 week(s) associated with muscles soreness (scale as 70%) because of age related/degenerative changes.

The pain is aggravated by push the door, sleep to the side, impaired performing ADL's with moderate to severe difficulty of holding the pot for cooking, performing household chores, doing laundry, put on/take off the clothes. 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 -shoulder area pain.

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

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

Walking aid : none

Medical history/Contraindication or Precision: Hypertension, Osteoporosis, Cholesterol

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

Muscles Testing:

Tightness muscles noted along greater tuberosity, AC joint, rhomboids, supraspinatus, triceps short head

Grading Scale: moderate to severe

Tenderness muscles noted along upper trapezius, lesser tuberosity, AC joint, middle deltoid, bicep long head, supraspinatus

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

Muscles spasm noted along rhomboids, deltoid ant fibres, supraspinatus, triceps short head

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

Right Shoulder Muscles Strength and Joint ROM

3+/5 Abduction: 120 degree(moderate)

3+/5 Horizontal Adduction: 15 degree (moderate)

3+/5 Flexion : 125 degree(moderate)

3+/5 Extension : 25 Degrees(moderate)

4-/5 External rotation : 60 Degrees(moderate)

4-/5 Internal rotation : 60 Degrees(moderate)

tongue

thin white coat

pulse

string-taut

Assessment: TCM Dx:

Right - shoulder area pain due to Qi Stagnation, Blood Stasis in local meridian, but patient also has Qi & Blood Deficiency in the general.

Today's TCM treatment principles:

emphasize on activating Blood circulation to dissipate blood stagnant and harmonize healthy qi and to expel pathogen factor to promote balance in order to to reduce stagnation and improve circulation.

Acupuncture Eval was done today Right -shoulder 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.

09/08/2025

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 (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 (30%)
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 shoulder - 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. Preparation, 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 BL10, LI16, SI14, SJ10

Removing and properly disposing of needle

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

Documentation

Diagnosis Code: (1) Pain in right shoulder(M25.511)

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

Printed on 2026/02/04

Patient: ZHANG, YILAN