

CC Acupuncture PC

PATIENT: LIN, ZHENWAN Gender: Female
 DOB: 11/06/1949 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 Aching pain in neck area without radiation associated with muscles numbness (scale as 80%), impaired performing ADL's with moderate to severe difficulty of sit and watching TV over 20 mins and moderate to severe difficulty of gargling, tilting head to talking the phone.

Pain Scale: 4 /10

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

Objective: Muscles Testing:

Tightness muscles noted along Levator Scapulae, Trapezius
 Grading Scale: moderate to severe

Tenderness muscles noted along Scalene anterior / med / posterior, Levator Scapulae, Trapezius, sternocleidomastoid muscles

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

Muscles spasm noted along Levator Scapulae, Trapezius, sternocleidomastoid muscles:

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

Cervical Muscles Strength and Spine ROM Assessment:

4/5 Extension (look up): 25 Degrees(moderate)

4/5 Flexion (look down): 25 Degrees(moderate)

4/5 Rotation to Right (look to right): 35 Degrees(moderate)

4/5 Rotation to Left (look to left): 35 Degrees(moderate)

4/5 Flexion to the Right (bending right): 20 Degrees(moderate)

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

Inspection: local skin no damage or rash

06/30/2025

tongue
 big tongue with white sticky coat
 pulse
 rolling

Assessment:

Patient continue treatment for neck area today.

The patient's general condition is fair, compared with last treatment, the patient presents with slight improvement of symptom(s). The patient has decreased pain duration, physical finding has slight increased muscles strength. Patient tolerated acupuncture treatment with good response. No adverse side effect post treatment.

Current patient still has Phlegm-Damp in local meridian that cause the pain.

Plan:

Select Needle Size : 36#x0.5" , 34#x1" ,30# x1.5"

Daily acupuncture treatment for neck - 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 BL11, BL13, DU14, BAI LAO

Removing and properly disposing of needles

Post treatment service and education patient about precautions at home after

treatment.
Documentation

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

Diagnosis Code: (1) Cervicalgia(M54.2)

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

Printed on 2026/02/04

Patient: LIN, ZHENWAN