



	I I		TIME 11:00	DISCH DA	TE	TIME 00:00		DM CL MO		ME	DICAL RECORD NO 748019
	BIRTHDATE	AGE		SEX		MS			RACE		SS NUMBER
	08/02/1956	68 YEARS		M		M			WHITE		XXX-XX-5871
, i	PATIENT NAME/ADDRESS MCDONNELL, JOHN	Р	<u> </u>			PRIMARY PH		PATIENT RETIRE	EMPLOYER I	NAME/AD	DRESS
1	921 PLEASANT HILL DE WITT, IA 5274290		I@IOWATE	LECOM NE		SECONDARY P 563) 212-3399					
	RECURRING	OTHIOCELIN			ACC C				RC	MOO	BED
	MEDICAL SERVICE PHYSICAL THERAP	(REF SC	DURCE					
	GUARANTOR NAME MCDONNELL, JOHN		PHO (563) 21		GUARA RETI	NTOR EMPLOYE	ER NAMÉ				PHONE
	921 PLEASANT HILL	DR, , DE WITT, IA, 5		<u></u>				DOB:	08/02/1950	5	
	NEXT OF KIN CONTACT MCDONNELL,JOELL	YN	PHO 56321	NE 94499 		CELL PH (563) 212-					
-1	PRECERTIFICATION NO.: INSURED'S NAME MCDONNELL, JOHN	P		DOB 2/1956	POLICY 5WA	/ NO,. BUT4MK37	INSUI	RANCE A	ODRESS		C.O.B. 1
				GROUI	P NO.	,					
	PRECERTIFICATION NO.:			-							C.O.B. 2
	INSURED'S NAME MCDONNELL , JOHN	I P		DOB POLICY NO INSURANCE ADDRESS 98/02/1956 33236952511 PO BOX 740819							
	AARF	HEALTH PLAN P MEDICARE SUPPL	EMENT		GROUP NO. AT			LANTA,	GA 3037408		
	PRECERTIFICATION NO.:										C.O.B. 3
	INSURED'S NAME			DOB	POLICY	YNO,.	INSU	RANCE A	DDRESS		
		HEALTH PLAN			GROU	P NO.	,				
	ACCIDENT		ACCII	DENT DATE		ACCIDE	NT TIME 00:00			NO, II	ACD NFO PROVIDED
	ADMITTING PADARIA MD, RAFA	TF	CONSU	LTING 1				CONSUL	TING 5		
	ATTENDING PADARIA MD, RAFA		CONSU	LTING 2				CONSUL	TING 6		
_	PRIMARY CARE CLOOS DO, MICHAE	EL P	CONSU	LTING 3							
,	REFERRING PADARIA MD, RAFA	TF	CONSU	LTING 4							
DM C	L	NOSIS									ADM CLERK

HIM COPY



1236 East Rusholme, Suite 300 Davenport, IA 52803 Telephone 563.324.2992 Fax 563.324.8562 1.800.382.0707

1100 - 36th Avenue Moline, IL 61265 Telephone 309.743.6700 Fax 309.764.2042 1.877.788.4590

CVM Diagnostic Test Order Form Requisition

Patient Information

John P McDonnell 921 Pleasant Hill Dr De Witt, IA 52742DOB: 08/02/1956 Phone: (563)212-3399

Order

Lymphedema Clinic Referral-PT/OT to evaluate and treat both lower extremity edema and lymphedema and fit with compression garments and bandaging supplies as needed. Refill up to 4 times.

Insurance/Authorization Information

Policy#: Date ordered: 08/20/2024 Insurance:

Ordering Provider: Rafat F Padaria MD MD

Courtesy Copy to PCP: Cloos, Michael

Requisition Information

Primary / Billing Diagnosis: Lymphedema of both lower extremities (189.0)

Additional Information

Height: 73.00 (in) Weight: 245.00 (lbs)

Patient Appointment Information

Appointment date: 08/20/2024 Time:: Location:

Scheduling Comments:

[Electronically Signed]

Ordering Provider: Rafat F Padaria MD MD 08/20/2024 10:08 AM

**To ensure the most cost effective care, patients should verify that testing locations are in network with their insurance plan.

MCDONNELL, JOHN P

MR#: 748019 FIN: 202574067 08/02/1956 68 Y M

10/08/2024 11:00 CMRN: 277230



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Name: MCDONNELL, JOHN P

DOB: 08/02/1956

Diagnosis: PT-(N)-LYMPHEDEMA, BLE

Physician: Rafat Padaria

Insurance: MEDICARE MRN: 277230

FIN #: 202574067 Eval Date: 10/08/2024

EVALUATION

Visit Date: 10/08/2024

SUBJECTIVE:

"I walk slow." Pt said that it started with L2-3 disc out of whack. He had a small surgery on his back to fix a joint. Pain would come across his back and down his left leg. He has been going to physical therapy for about 4 years fpr this. He has not been there for a few weeks and does exercises at home for his back and his hip.

Patient was informed that he is at this lymphedema clinic primarily about his lower legs and what Dr. Padilla area reported in her latest visit report. He has problems with lower legs - sees Dr. Padaria. He has vein issues, He had a vein removed on the right side in the past. Pt has pain in lower legs all the time. He has been taking walks on uneven grass around local lake. He officiates sports, but is retired from Caterpillar. He is released from ortho to do his yard work. His back issue really limited his activities.

He lives in a house, is married, drives.

He has been wearing compression stockings for a long time: since his surgeries. Most of the time, he wears stockings that are below knee to his ankles. He does have ones with a foot (both open toe and closed toe), but he said that he probably could not get that one on because his right leg is pretty swollen, he said. The ankle and foot would be too tight since the ankle surgery. It is swollen above his ankle brace and leaves a depression when he removes the ankle brace and sock. The depression appears right above the top of the ankle brace and right where the sock and is on top as well. He wears shoes almost all the time due to the issues that he has had with his ankles. Hardly ever walks without shoes.

Chief Complaint(s)
Location and Description

pain, swelling and weakness (left hip) lymphedema lower legs: right more than left

Aggravating Activities

Moving after resting or sitting

Medications

yes and see list in chart

Allergies
Tobacco Use

no no

Past Medical History
Cardiovascular

high blood pressure (Meds), high cholesterol (Meds), blood clots (Meds) and circulation disorders (Chronic venous

insufficiency)

Surgical History spine surgery (Lower back repair to disc), arm surgery (2020 right shoulder rotator cuff minor tears) and leg surgery (2020 both knees replaced, right ankle replaced, left ankle pins and plates. He said that he was told that his ankles just wore out and he currently is wearing an ankle brace on his right ankle. He says that he wears this brace more when he goes out into the community.)

Diagnostic Tests

x-rays, MRI and CT scan

Foreign structures in body metal rods or pins, staples or screws and artificial joints

OBJECTIVE:

Observation Visually, his right calf and foot are significantly larger than the left calf and foot.

He has evidence of corona phlebectatica at both medial ankles.

Sensation Normal for light touch of his plantar surface of his right foot

ROM Limited in his right ankle after total ankle replacement. This has been 8 to 10 weeks ago with patient continuing to do his exercises

at home.

Transfers/Mobility Modified independence with use of his arms on the armrest for push to stand.

Gait Patient has altered gait due to the right ankle total replacement with decreased flexibility. He demonstrates decreased dorsiflexion so that he is lifting his right leg and a mild steppage gait and throwing his right foot forward. He is not using any assistive device at this time.

Special Tests Positive Stemmer sign on both right and left feet

+1/3 pitting on upper calves. Left mid and lower calf with mild +2/3 pitting. Right mid and lower calf with significant +2 or 3 pitting. Right foot dorsum +2/3 pitting.

Tissue compliance is good on the right knee, calf, ankle. Less compliance on dorsum of foot as this has more swelling and it.

Posterior right calf demonstrates mild hyperkeratosis (thickening of the tissue). Therapist emphasized to patient that swelling after surgery is normal but as time goes by and swelling is not reduced, interstitial fluid can become stagnant with much more thickened tissue. This is why medical treatment is necessary for his right lower leg and foot especially.

Supplemental Question - Lymphedema

Primary or Secondary Lymphedema Secondary

Anthropometrics - Lymphedema

Pitting Edema Category By grade out of 3

Pitting Edema +2/3
Stemmer Sign Bilateral Positive

Lymphedema Stages chronic Stage 2 (Spontaneously Irreversible) BLE: right greater than left

Lower Extremity Girth Measurements

	Measurement Location	Right Measurements	Units
1	MTP joint	26.0	cm
2	Arch of foot	27.0	cm
3	"Y "intersection	37.7	cm
4	Smallest ankle (top of ankle brace)	27.2	cm _
5	15 cm above ankle	26.9	cm
6	20 cm above heel	32.2	cm
7	25 cm above heel	34.4	cm

Name: MCDONNELL, JOHN P

FIN #: 202574067 Visit Date: 10/08/2024



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8	30 cm above heel	41.2	cm
9	35 cm above heel	44.2	cm
10	40 cm above heel	44.0	cm
11	43 cm above heel	44.5	cm
Total		385.3	cm

Functional Outcome Narrative

Pt completed the LLIS (lymphedema life Impact scale) on paper: Score 19

ASSESSMENT

Chronicity Cause of Therapy

Chronic Unspecified Rehabilitative knee, ankle and foot

Type of Therapy Body Regions Being Treated

Moderate

Patient Presentation

Clinical Impression

Patient is a 68-year-old male, admitted with both lower extremity edema and lymphedema status post chronic venous insufficiency and more recently, ankle surgeries. He presents with swelling, +1/3 and 2/3 pitting, positive Stemmer sign right and left, developing hyperkeratosis on right calf posterior and pain. Patient has a history of DVT in his right lower extremity in the past. He also has history of PE x 3, currently on lifelong anticoagulation, Chronic venous insufficiency, hypertension, bradycardia, premature coronary heart disease, Atherosclerosis of arteries of extremities, skin cancer, meniscus trim of the knee, kidney stone removal, total knee replacement, right shoulder surgery, right ankle fracture. It is medically necessary to treat lymphedema as lymphedema increases pt risk of skin breakdown, cellulitis infection, and delayed healing due to tissue fluid congestion. PT discussed the complete decongestive program with patient, complete decongestive therapy consists of manual decongestive techniques, active remedial exercises, skin care, and use of compression with possibly bandaging or Kinesio tape or graduated compression garments. Patient agreed to participate in this program. PT will also assess a sequential compression pump for pt to use daily as part of their ongoing self-care program at home. After discussion, patient has chosen to work with bandaging of his legs for girth reduction. We may need to educate him but also his wife.

Prognosis

Good

Education

Assess educational needs?

Education Provided

plan of care, symptom management and diagnosis/Pathology

Short Term Goals:

Goal Description	Notes	Time	Status	Status Date
Pt will demonstrate the orthopedic surgery and lymphedema trunk and leg program with handout		4 Weeks	New	10/8/2024
Pt will wear brown bandage system or other mild compression on BLE for girth reduction		4 Weeks	New	10/8/2024

Long Term Goals:

Goal Description	Notes	Time	Status	Status Date
Pt will understand the three aspects of their ongoing self-care program: manual techniques with exercise, compression and use of the sequential compression pump on a daily basis.		12 Weeks	New	10/8/2024
Pt will be educated in nutrition and risk reduction		10 Weeks	New	10/8/2024
Pt will demonstrate trunk and leg decongestive program with handout to help decrease leg girth and transition to self-management phase		8 Weeks	New	10/8/2024
Pt will be fitted for BLE compression garment(s) as selected		10 Weeks	New	10/8/2024
Pt will demonstrate don/doff of selected compression garments at time of DC to transition to self-management phase		10 Weeks	New	10/8/2024
Pt will be assessed for use of sequential compression pump at home to transition to self-management phase (may need family assist)		10 Weeks	New	10/8/2024

FIN #:

MCDONNELL, JOHN P 202574067

Visit Date: 10/08/2024



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PLAN:

PTA Modifier, Non-billable time, PT Evaluation III - KX - Moderate (97162), Therapeutic Exercise - KX (97110), Manual Therapy Techniques - KX (97140), Therapeutic Activities - KX (97530), Self-care/home management training - KX (97535), Vasopneumatic devices - KX (97016)

Frequency & Duration

2/Week X 10Week(s)

Therapist Signature:

Chris Beuthin, PT, DPT, GCS, CLT

Authorized:

10/09/2024 11:03:51 AM

Name: MCDONNELL, JOHN P FIN #: 202574067 Visit Date: 10/08/2024

MERCYONE GENESIS

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Name:

MCDONNELL, JOHN P

DOB:

08/02/1956

Diagnosis:

Physician:

PT-(N)-LYMPHEDEMA, BLE Rafat Padaria

Insurance: FIN:

MEDICARE 202574067

VISIT NOTE

Visit Date: 10/31/2024

Start Time: 09:20 End Time: 10:20

Cancels: 1 No-Shows: 0

SUBJECTIVE: Patient's name and date of birth verified, The patient reports no changes in medical status, no new medications, no recent falls, no new allergies, and no new surgeries. Pt arrived wearing compression stockings on B LE.

Able to rate subjective pain?

Pre-Treatment

Yes

Post-Treatment

0

OBJECTIVE:

Procedural Interventions	Min.	Parameters	Objectives	Precautions	Patient Response
PTA Modifier	1				
Vasopneumatic devices - KX (97016)	10	BioTab compression sleeves on B LE. Size L. Run time 23 minutes.			
Manual Therapy Techniques - KX (97140)	50	-MLD completed on trunk while pt wearing BioTab compression sleeves. Abdominal preparation 1. Perform deep abdominal breathing with assisted hand pressure. Neck preparation 1. Clear neck lymph nodes with stationary circles. 2. Rotate head side to side 3. Perform shoulder circles. 4. Moving the collar bone up and around. Axillary preparation 1. Clear the axillary (arm pit) lymph nodes on left side using circular movements. 2. Clear the axilla (arm pit). Start near the axilla, gradually incorporating more of the outer trunk. 3. Repeat on Right side. Trunk preparation 1. Clear the inner and outer portion of groin lymph nodes on each side with stationary circles (can do both at same time) END: Perform deep abdominal breathing with assisted hand pressure. -Bandaged B LEApplied lotion. Capillary refill present post session. 2. Application of stockinette over the leg starting at the mid-foot up to the knee. 3. Applied two cellona padding 10cm in spiral fashion with 50% overlap to below knee. 4. 8 cm compression bandage anchored around the foot and then toward the heel with fig 8 pattern (heel-ankle-sole). 5.8 cm compression bandage beginning at foot with figure 8 pattern and continued up to the lower leg with a herringbone "fishbone"/spiral technique with 50% overlap. 6. 10 cm lower leg from ankle/lower leg to below knee with spiral technique, 50% overlap. 7. Donning tubigrip F lower leg for added compression and maintain integrity/cleanliness of bandages.			

MCDONNELL, JOHN P Name: Visit Date: 10/31/2024



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ASSESSMENT: Pt continues to complete his MLD daily from the knee up when bandaged, remained bandage with brown bandaging systems, or wearing compression stockings when not bandaged, elevate LE, and complete his exercises daily for over 4 weeks now. Pt would benefit from the use of BioTab compression pump and sleeve to help aid in the decrease in lymphatic fluid in his lower extremities.

Short Term Goals:

Goal Description	Notes	Time	Status	Status Date
Pt will demonstrate the orthopedic surgery and lymphedema trunk and leg program with handout		4 Weeks	New	10/8/2024
Pt will wear brown bandage system or other mild compression on BLE for girth reduction		4 Weeks	Partially met	10/29/2024

Long Term Goals:

Goal Description	Notes	Time	Status	Status Date
Pt will understand the three aspects of their ongoing self-care program: manual techniques with exercise, compression and use of the sequential compression pump on a daily basis.		12 Weeks	New	10/8/2024
Pt will be educated in nutrition and risk reduction		10 Weeks	New	10/8/2024
Pt will demonstrate trunk and leg decongestive program with handout to help decrease leg girth and transition to self-management phase		8 Weeks	Partially met	10/29/2024
Pt will be fitted for BLE compression garment(s) as selected	34	10 Weeks	New	10/8/2024
Pt will demonstrate don/doff of selected compression garments at time of DC to transition to self-management phase		10 Weeks	New	10/8/2024
Pt will be assessed for use of sequential compression pump at home to transition to self-management phase (may need family assist)		10 Weeks	New	10/8/2024

PLAN: Cont to bandage to reduce limb. Measure to order compression garments at next session.

Therapist Signature: Authorized:

Michelle Smith, PTA 10/31/2024 12:16:19 PM

Name: MCDONNELL, JOHN P FIN #: 202574067 Visit Date: 10/31/2024

Measured by Chris Deuthin PT (circle one)

GIRTH CHART - LEG (centimeters)

+ +	Comments a			70		above heel	Knee/Thigh			above hee	distance	Calf		above heel	Lo o Klova	Ankle	1001		DATE	Name.		GINTITO
Stemm	Comments and Other Observation	of Other Oher		TOTAL	cm	cm	45 cm	40 cm	35 cm	30 cm	25 cm	20 cm	15 cm	ankle	smallest	Indent btw foot	arch of foot	MTP Jt		1 1	7000	
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RIGHT

(circle one)

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70	900	distance	Knee/Thigh			above heel	distance	Calf		above heel	Ankle 'Y'	Foot	DΑ	Name	GIRTH C
TOTAL	cm	69, cm	43 cm	40 cm	35 cm	30 cm	25 cm	20 cm	15 cm	smallest ankle	Indent btw foot & ankle bones	MTP Jt arch of foot	DATE	John K	HARI - L
		56.4	38.0	40.	8.38	32.8	28.1	38.	83.9	23.8	36.5	24.5	HE HI 01	John Mc Donnel	GIRTH CHARI - LEG (centimeters)
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Comments and Other Observations:

MCDONNELL, JOHN P

MR#: 748019 FIN: 2025740 08/02/1956 68 Y M 10/08/2024 11:00 CMRN: 27723



MEDICARE HEALTH INSURANCE

Name/Nombre

JOHN P MCDONNELL

Medicare Number/Número de Medicare

5WA8-UT4-MK37

Entitled to/Con derecho a

HOSPITAL (PART A)
MEDICAL (PART B)

Coverage starts/Cobertura empieza

08-01-2021 08-01-2021 You may be asked to show this card when you get health care services. Only give your personal Medicare information to health care providers, your insurers, or people you trust who work with Medicare on your behalf. **WARNING:** Intentionally misusing this card may be considered fraud and/or other violation of federal law and is punishable by law.

Es posible que le pidan que muestre esta tarjeta cuando reciba servicios de cuidado médico. Solamente dé su información personal de Medicare a los proveedores de salud, sus aseguradores o personas de su confianza que trabajan con Medicare en su nombre. ¡ADVERTENCIA! El mal uso intencional de esta tarjeta puede ser considerado como fraude y/u otra violación de la ley federal y es sancionada por la ley.

1-800-MEDICARE (1-800-633-4227 / TTY: 1-877-486-2048); **Medicare.gov**



MEMBERSHIP ID: 332369525-11
MR JOHN P MCDONNELL
EFFECTIVE DATE: 08-01-2021
AARP MEDICARE SUPPLEMENT PLAN G

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Claim Address:

Electronic Payer ID 36273

UnitedHealthcare Claim Division PO BOX 740819

Atlanta, GA 30374-0819

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