

SYNERGY CHIROPRACTIC CLINICS
8515 Pearl Street, Suite 100
Thornton, CO, 80229
Ph: 303-630-0400

DOCTOR'S NOTES

Patient: Angel, Theodore (Jimmy)

Visit #: 3

DATE: 2023-03-31

SUBJECTIVE: He felt "beat up" after the hydrotherapy on 3-24-23.

1. Headaches (0/10)
2. Neck pain (3/10) R>L
3. Upper back pain (5/10) R>L
4. Mid back pain (5/10) R>L
5. Low back pain (7-8/10) R>L
6. SI/gluteus pain (7-8/10) R>L
7. Shooting pain down right leg to calf and on occasion to foot, can be intense
8. Left shoulder pain, had initially but better lately
9. Dizziness/light headed

Sleep – wakes about 5-6x/night due to pain

ADL's – increase in pain with some household duties and movement activities.

Work – Plummer. He is working normal hours and duties but with more pain.

OBJECTIVE: Muscle Spasms rated as follows: (+1 = mild; +2 = mild-moderate; +3 moderate; +4 severe); (TrP's = trigger points)

Suboccipitals +3

cervical paraspinals +3

upper trapezius +3

levator scapulae +3

medial scapular +2

thoracic paraspinals +3

lumbar paraspinals +3-4

QL's +3-4

Gluteus +2

Tender to palpation of R>L PSIS

Joint restrictions in cervical, thoracic, and lumbar spine.

ASSESSMENT:

Headache: acute, not intractable G44.319

Cervical sprain S13.4XXA

Cervical strain S16.1XXA

Thoracic sprain S23.3XXA

Thoracic strain S29.012A

Lumbar sprain S33.5XXA

Lumbar strain S39.012A
SI joint sprain S33.6XXA
SI joint strain S39.013A
Myalgia M79.1
Muscle spasm of back M62.830
Injury of unspecified nerve at abs/low back/pelvis S34.9XXA
Dizziness R42
Segmental Dysfunction – Cervical M99.01
Segmental Dysfunction – Thoracic M99.02
Segmental Dysfunction – Lumbar M99.03
Segmental Dysfunction – Sacrum M99.04
Segmental Dysfunction – Pelvis M99.05

PLAN: Conservative treatment 2x/week (12-24 visits; 2x/week for 4-8 weeks then 1x/week for 4-8 weeks) in conjunction with recommendations per medical doctor

TREATMENT TODAY: He does not like the hydrotherapy table.

Manual spinal manipulation: cervical, thoracic, lumbar, SI spine
Interferential current 1 unit: upper trapezius and lumbar paraspinals
Hot packs: thoracic, lumbar
Intersegmental traction: thoracic, lumbar
Massage 1 unit of: thoracic musculature

Richard A. Lewellen, D.C.
Compiled, but not reviewed.