

DATE:	6/9/2023	INSURANCE:	None
PATIENT:	Angel, Theodore 'Jimmy'		
PATIENT #:	42372	DATE OF BIRTH:	9/15/1975
DIAGNOSIS:	Dx1: Acute post-traumatic headache, not intractable(G44.319), Dx2:Strain of muscle, fascia, and tendon at neck level(S16.1XXA), Dx3:Strain of muscle and tendon of back wall of thorax(S29.012A), Dx4:Strain of muscle, fascia, and tendon of lower back(S39.012A), Dx5:Strain of muscle, fascia, and tendon of RIGHT hip(S76.011A), Dx6:Paresthesia of skin(R20.2), Dx7:Radiculopathy, Lumbar(M54.16)		
PROBLEM SITE:	Spine - Cervical, Spine - Thoracic, Spine - Lumbar		
SITE DESCRIPTION:	Thornton PT		
REFERRAL:	Wallace, Bethany	VISIT DUR:	30 minutes
DATE OF ONSET:	2/23/2023		
START TIME:	2:00 pm	END TIME:	2:30 pm
Visit #	8		
Total Visits:	8		

Subjective

Patient presents to physical therapy today for continuation of care. Patient had the following list of complaints reported at the initial evaluation.

HA
Neck
Upper back
Midback
Lower back
Buttock
R hip
R knee
R ankle
(B) shoulder
Dizziness/light-headed

Any changes to these complaints will be documented below.

Today, patient reports that pain down into the R LE is/are the area(s) of primary complaint.

Patient reports he has working normal hours and reports has progressed in his work duties gradually.

Patient reports that this radicular symptoms he is experiences that it is not as constant or intense as it was previously.

He reports HAs have largely resolved at this point.

Patient he is no longer taking prescribed medication, he notes OTC pain meds PRN.

Patient reports normal sleeping patterns.

He reports he has been able to golf for the past 2 weeks without much issue.

Objective

Patient was asked screening questions today related to COVID-19 and has been cleared to treat in our office.

CLINICAL OBSERVATION:

Patient displays fair body mechanics during PT.

Patient has decreased postural awareness. Patient displays poor posture with forward head, rounded shoulders, and increased thoracic kyphosis.

PATIENT EDUCATION:

Patient was educated on correct posture today.

Patient was educated on correct form and muscle recruitment throughout each exercise today.

TREATMENT:

Therapeutic exercise per flow sheet

Assessment

Patient gave verbal consent for and verbalized understanding of all treatment provided today.

All new exercises/treatments were thoroughly demonstrated and explained today. Patient expressed understanding of the purpose of all new exercises/treatments.

Patient tolerated entire PT session well today and had no complaints of increased pain with any exercise/treatment. Patient notes some improvement in the radicular symptom frequency he was experiencing. However, he noted that he is receiving injections and would like to pause therapy between injections and his next session to "give them time to work". Therefore it was discussed between the patient and provider to go every other week to therapy after his injections.

Plan

Continue physical therapy 1-2 times a week to decrease pain and improve functional capabilities.

Pulleys mid row

Pulleys lat pulldown

RESTRICTIONS: none

Billing Code

97110

Modifiers**Billing Description**

Therapeutic Exercise

Units

2

Minutes

30

Handwritten signature of Kacper Kazibut, PT, DPT.

Date: 6/9/2023

Kacper Kazibut, PT, DPT