

DATE:	4/7/2023	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:	38 minutes
DATE OF ONSET:	2/23/2023		
START TIME:	2:01 pm	END TIME:	2:39 pm
Visit #	3		
Total Visits:	3		

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 lower back and pain down into the R LE is/are the area(s) of primary complaint.

Patient states he is feeling fairly good today "because [he] rested majority of the day".

Patient reports that this radicular symptoms he is experiences feels constant, he does note that over the weekend he did experience a muscle spasm in the middle of the back. The spasms he is experiencing has decreased in frequency.

Patient is taking prescription pain medication nightly.

Patient reports waking 4-5 times per night due to pain.

Objective**GENERAL:****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

The following new exercises and/or treatments were initiated today:

GTB serving brownies
Lat stretch arm clock
Chin tucks

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. He did remark positive response again to the tennis ball release that was initiated along the with the sidelying arm clock stretch, the did display decreased mobility when lying to the R and moving the L UE compared to the contralateral side in regards to being able to maintain the UE to the table. Continuation of mobility ther-ex should be resumed and additional ther-ex provided to the patient.

Plan

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

Continue thoracic mobility

RESTRICTIONS: none

<u>Billing Code</u>	<u>Modifiers</u>	<u>Billing Description</u>	<u>Units</u>	<u>Minutes</u>
97110		Therapeutic Exercise	3	38

Handwritten signature of Kacper Kazibut, PT, DPT.

Date: 4/7/2023

Kacper Kazibut, PT, DPT