

DATE:	5/19/2023	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:	39 minutes
DATE OF ONSET:	2/23/2023		
START TIME:	2:00 pm	END TIME:	2:39 pm
Visit #	7		
Total Visits:	7		

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, modified duties.No change

Patient reports that this radicular symptoms he is experiences feels constant but not as intense.

He reports HAs have largely resolved at this point.

Patient is taking prescription pain medication PRN at night. He has not taken anything for approx. 1 week.

Patient reports waking 3-4 times per night due to pain. Reports this is a nightly occurrence but reports some of the times waking are to use the restroom.

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

The following new exercises and/or treatments were initiated today:
Supine bridges
Sidelying clamshells

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 was tolerated the glute focused exercise of the sidelying clamshells and sidelying hip abduction very well, voicing only muscular fatigue rather than pain being the limitation they experienced. They are progressing well towards their goals, however, still note the radicular symptoms appear constant for the patient based on their subjective. It should be noted these symptoms do not worsen during treatment sessions.

Plan

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

Pulleys mid row
Pulleys lat pulldown

RESTRICTIONS: none

<u>Billing Code</u>	<u>Modifiers</u>	<u>Billing Description</u>	<u>Units</u>	<u>Minutes</u>
97110		Therapeutic Exercise	3	39

 PT, DPT

Date: 5/19/2023

Kacper Kazibut, PT, DPT