

DATE:	5/5/2023	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:	3:09 pm	END TIME:	3:48 pm
Visit #	6		
Total Visits:	6		

**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 reports he has working normal hours, modified duties.No change

Patient reports that this radicular symptoms he is experiences feels constant but the spasms have subsided and has had no HA for approx. 3 weeks.

Patient is taking prescription pain medication nightly. No change

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.

Patient reports he has to schedule injections for the lumbar.

He endorses he was able to play 9 holes of golf with slight discomfort in the lumbar, however, no other area was problematic.

**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:  
seated tennis ball release gluteals  
Re-introduced: shoulder rolls, shoulder squeezes,

**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 provided with tennis ball release for the gluteals with good benefit, while still commenting radicular symptoms as such he was encouraged to complete it at home to his tolerance free of any increased pain or radicular symptoms. The patient was able to complete all ther-ex provided today to which, he responded positively towards.

**Plan**

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

Due to unrelated medical procedure, the patient will be missing 1-2 weeks of treatment.

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



Date: 5/5/2023

Kacper Kazibut, PT, DPT