

DATE:	4/28/2023	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:	11:53 am	END TIME:	12:23 pm
Visit #	5		
Total Visits:	5		

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, however, the spasms have significantly improved and has not had any spasms present since his last visit, he denies any HA onset as well.

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 having MRI this morning and states he is particularly tired today due to having to wake up for MRI.

Denies having HA currently. Reports HAs have bene resolved for a couple weeks at this point. States it coincided with starting to use tennis ball mob under shoulder blade.

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 marching
seated sciatic nerve glide
Paloff Press
seated ball 3-way

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.

Today's session focused on low back/radicular symptoms per patient reports of this being most irritating factor currently. Patient was provided with print out of sciatic nerve glide and encouraged to perform frequently throughout the day, similar to lumbar extension. Patient was progressed with strengthening this visit with good overall tolerance. Returning to golf was discussed with patient. Patient was advised that it's completely normal to notice fluctuations in pain as he is getting back to his usual activities and it would not be considered a step backwards should be notice increased pain following. Patient was encouraged to listen to his body and adjust accordingly should he experience flair up following first trial of returning to golf.

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	2	30

 PT, DPT

Date: 4/28/2023

Clint Tudahl, PT, DPT