



GOOD SHEPHERD  
PENN PARTNERS & FITNESS

Official Therapy Provider for Penn Medicine

Patient Name: **PORTER, JUDITH**  
MRN: **3617361302**  
Encounter: **01200436981**  
DOB: **3/26/1940** Age: **81 years**  
Gender: **Female**

**PT Outpatient Progress Note Entered On: 7/20/2021 13:00 EDT**  
**Performed On: 7/20/2021 12:58 EDT by Shah, PT, Payal**

#### Review/Treatments Provided

Neuromuscular Reeducation : Yes

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Progress Note Visit Count : 9 visits

Total Visit Count : 9 visits

Physical Therapy Orders : Physical Therapy Outpatient Treatment - 07/20/21 13:00:00 EDT, 07/20/21 13:00:00 EDT

Plan Review : Treatment Frequency: 1-2 days per week (modified) Performed By: Shah, PT, Payal 06/10/2021 17:27

Treatment Duration: 8 Weeks Performed By: Shah, PT, Payal 06/10/2021 17:27

Planned Treatments: Balance training, Desensitization, Electric modalities, Elevation training, Equipment training, Gait training, Instruction in HEP, Manual therapy, Neuromuscular reeducation, Pain management, Patient/Family Education, Posture/Body mechanics training, RO... Performed By: Shah, PT, Payal 06/10/2021 17:27

Date of Therapy Initial Evaluation : 6/10/2021 EDT

Insurance/Visit Additional Information : Medicare/ 10 of 10 PN/ POC expires 8/5/2021

\*Visit Location : On-site

LE ROM/Strength Reviewed : Yes

Therapeutic

Activities/Mobility

Balance : Yes

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Therapeutic Exercise : ~~Yes [IN ERROR]~~

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Manual Therapy/

Massage : Yes

Lumbar Mobility Review : Yes

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#### Reason for Treatment

Epic Consult Order Number : 542103634

Date of Therapy Initial Evaluation : 6/10/2021 EDT

Medical Diagnosis : chronic gluteal pain, R piriformis syndrome, hamstring tendonitis, spondylosis of lumbosacral spine with radiculopathy

\*Chief Complaint : Patient complains of right gluteal/piriformis and proximal hamstring pain

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\*Subjective Statement : Patient reports with complaints of right gluteal and proximal hamstring pain. Patient states her pain is worse since last session and unsure why. Husband states she refuses to perform HEP due to elevated pain the past two days.

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Preadm Review of Present Illness : Patient's husband, Gerald, is present for the entire session and assists with answering questions and providing medical history as patient is a poor historian and requires maximum redirection verbally. Patient states on she fell on 2/8/2019 on concrete by a strong gust of wind. Patient did not seek immediate medical attention and received care a few weeks later when pain had not subsided in the right buttock region. Patient has undergone various bouts of PT and cortisone injections to the right piriformis and hamstring and low back. Last bout of PT in late 2020 at GSPP Radnor and last injection was April 30th, 2021 with temporary reduction of symptoms. Patient admits she no longer performs the HEP she was provided at the last bout of PT. Pain is worse with sitting or lying on a hard surface and better with walking or

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Patient Name: **PORTER, JUDITH**

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Admit Date: **6/10/2021**

Discharge Date:

using Lidocaine.

Patient/Caregiver Goals : Reduce pain

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### General Information

PT Orders : Physical Therapy Outpatient Treatment - 07/20/21 13:00:00 EDT, 07/20/21 13:00:00 EDT

Rehabilitation Precautions/Restrictions : No qualifying data available.

Referring Physician Name : ILACQUA, MD, CHRISTOPHER GLEN

\*Date of Onset Required : Yes

Date of Onset : 2/8/2019 EST

\*Surgery or Injury Present : No

\*Current Functional Status : prolonged sitting, esp hard surfaces, deep bending

\*Orientation : Other: inconsistent with orientation to place and time

Employment Status : Retired

\*Concurrent Services : Physician

\*Therapy Services Within the Past Year : Physical Therapy

\*Self-Reported Quality of Life : Very Good

\*Has the patient fallen/had near falls, or hurt themselves in a fall in the past year? : Yes

Patient feels they are at risk of falling : No - Patient has reported falling the past year, or hurting themselves in a fall. Patient does not feel that they are at risk of falling.

History or Description of Falls and Any Risk Factors : fell with a gust of wind and hurt her right buttock/hip

Is this patient a fall risk? : no

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### Past Medical History, Problems, Diagnoses

Medical Status Updates : No new significant medical status updates on patient

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### Medication List

(As Of: 7/20/2021 13:00:00 EDT)

(As Of: 7/20/2021 13:00:00 EDT)

### Allergies (Active)

codeine

Estimated Onset Date: Unspecified ; Created By: Dang, PT, Molly; Reaction Status: Active ; Category: Drug ; Substance: codeine ; Type: Allergy ; Updated By: Dang, PT, Molly; Reviewed Date: 9/18/2020 17:10 EDT

opioid-like analgesics

Estimated Onset Date: Unspecified ; Created By: Dang, PT, Molly; Reaction Status: Active ; Category: Drug ; Substance: opioid-like analgesics ; Type: Allergy ; Updated By: Dang, PT, Molly; Reviewed Date: 9/18/2020 17:10 EDT

penicillins

Estimated Onset Date: Unspecified ; Created By: Dang, PT, Molly; Reaction Status: Active ; Category: Drug ; Substance: penicillins ; Type: Allergy ; Updated By: Dang, PT, Molly; Reviewed Date: 9/18/2020 17:10 EDT

### Home Environment

\*Living Situation : Home independently

\*Lives With : Spouse

Living Situation Patient : Multilevel home

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### Pain Assessment

Primary Pain Location : Other: buttock and proximal hamstring

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Encounter: **01200436981**

Admit Date: **6/10/2021**

Discharge Date:

Laterality : Right

Quality : Aching, Tightness

Time Pattern : Chronic

Onset : Gradual

Pain Negatively Impacts : Daily life

Ability to Self Report Pain : Self Report Pain

Preferred Pain Tool Adult : FACES pain scale

FACES Pain Scale (ref) : 8 = Hurts whole lot

FACES Pain Score : 8

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### **Lumbar Mobility**

#### Range of Motion (deg)

	Lumbar Rotation Left Range	Lumbar Rotation Right Range	Lumbar Forward Bend Range	Lumbar Extension Range
Active :	WNL	WNL	72, R buttock	10
	Shah, PT, Payal - 7/20/2021 12:58 EDT	Shah, PT, Payal - 7/20/2021 12:58 EDT	Shah, PT, Payal - 7/20/2021 13:08 EDT	Shah, PT, Payal - 7/20/2021 13:08 EDT

	Lumbar Left Sidebend Range	Lumbar Right Sidebend Range
Active :	18	21, central low back pain
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### **LE ROM/Strength**

#### LE Overall Range of Motion Grid

Left Lower Extremity Active Range : WFL/WNL

Left Lower Extremity Passive Range : WFL/WNL

Right Lower Extremity Active Range : WFL/WNL

Right Lower Extremity Passive Range : WFL/WNL

Lt Lower Extremity Strength : Within functional limits/Within normal limits except

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#### Left Lower Extremity Strength Grid

Hip Flexion : ~~4+~~ [IN ERROR]

Hip Extension : 4+

Hip Abduction : ~~4+~~ [IN ERROR]

Rt Lower Extremity Strength : Within functional limits/Within normal limits except

Shah, PT, Payal - 7/20/2021 12:58 EDT

Shah, PT, Payal - 7/20/2021 12:58 EDT

Shah, PT, Payal - 7/20/2021 12:58 EDT

Shah, PT, Payal - 7/22/2021 12:39 EDT

#### Right Lower Extremity Strength Grid

Hip Flexion : 4+

Hip Extension : 4

(Comment: painful [Shah, PT, Payal - 7/22/2021 12:39 EDT] )

Hip Abduction : 3+

Shah, PT, Payal - 7/20/2021 12:58 EDT

Shah, PT, Payal - 7/20/2021 12:58 EDT

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Admit Date: **6/10/2021**

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(Comment: painful [Shah, PT, Payal - 7/22/2021 12:39 EDT] )

Shah, PT, Payal - 7/22/2021 12:39 EDT

Knee Flexion : 4

(Comment: painful [Shah, PT, Payal - 7/20/2021 13:08 EDT] )

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### Palpations

Lower Extremity : right proximal hamstring and distal piriformis tenderness persists, pt also complains of some right QL tenderness to deeper palpation

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### PT Clinical Outcome Measures

PT GROC: Global Rate of Change : Moderately worse

LEFS: Lower Extremity Functional Scale (/80) : 47

Modified Oswestry Disability Scale (/100) : 42

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Clinical Outcome Measures : Yes

Shah, PT, Payal - 7/20/2021 12:58 EDT

### Therapeutic Activities/Mobility/Balance

Functional Activity : Therapeutic Activities

No qualifying data available

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### PT Therapeutic Activities Grid

	Activity 1
Comment :	Tests and Measures x 30 min
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Reassess Standing Balance : Yes

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### Therapeutic Exercise

~~Therapeutic Exercise RTF : Therapeutic Exercise~~

~~Exercise 1: HEP; B-SKTC 5 x 15 sec LTR to left 3 x 30 sec piriformis stretch right 3 x 30 sec~~

~~— Performed Date: 07/15/2021~~

~~Exercise 2: B hamstring stretch 5 x 30 sec gastroc stretch 3 x 30 sec~~

~~— Performed Date: 07/15/2021~~

~~Exercise 3: Bridges 2 x 10 clamshells with green band 2 x 10 ea side Sidelying hip abd x 15 ea side bird dog x 10~~

~~— Performed Date: 07/15/2021~~

~~Exercise 4: leg press seat 5, 50# 2 x 10 prone hip extn x 10 pillow under abdomen NC TM walking x 8 @ 1.2 mph with CGA and max VC for sequencing sit to stand with TA and glute recruitment focus 2 x 10 prone H/S curl 2 x 10~~

~~— Performed Date: 07/15/2021~~

~~Exercise 5: bridge with hamstring walkout x 5 standing march x 20 standing hip abd x 10 heel raises 2 x 10~~

~~— Performed Date: 07/15/2021~~

~~Exercise 6: total time x 45 min~~

~~— Performed Date: 07/15/2021~~

~~{[IN ERROR]}~~

Shah, PT, Payal - 7/20/2021 12:58 EDT

Shah, PT, Payal - 7/20/2021 12:58 EDT

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Therapeutic Exercise Grid

	Exercise 1	Exercise 2	Exercise 3	Exercise 4
<i>Resist or Assist :</i>	[IN ERROR]			
<i>Comment :</i>	[IN ERROR]	[IN ERROR]	[IN ERROR]	[IN ERROR]
	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT

	Exercise 5	Exercise 6
<i>Resist or Assist :</i>		
<i>Comment :</i>	[IN ERROR]	[IN ERROR]
	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT

**Neuromuscular Reeducation**

*Neuromuscular Reeducation :* Neuromuscular Reeducation

Activity 1: NC - discussed dx, POC and prognosis with pt and pt's husband

Performed Date: 06/17/2021

Activity 3: discussed lumbar radiculopathy vs localized hamstring tendinopathy

Performed Date: 06/17/2021

Activity 4: HEP issued and reviewed with pt and pt's husband

Performed Date: 06/17/2021

Activity 5: total time x 15 min

Performed Date: 06/17/2021

Activity 2: discussed various soft tissue techniques of IASTM vs. ART vs negative skin pressure gliding with silicone cups vs. passive stretchin and joint mobs

Performed Date: 06/10/2021

Shah, PT, Payal - 7/22/2021 12:39 EDT

PT Neuromuscular Reeducation Grid

	Activity 1	Activity 3	Activity 4	Activity 5
<i>Comments :</i>	NC - discussed dx, POC and prognosis with pt and pt's husband	discussed lumbar radiculopathy vs localized hamstring tendinopathy in length with patient and patient's husband - discussed potential need for additional diagnostics, injections, medications, potentially more PT or consultation	HEP issued and reviewed with pt and pt's husband discussed importance of compliance with HEP	total time x 20 min

Patient Name: **PORTER, JUDITH**MRN: **3617361302**Encounter: **01200436981**Admit Date: **6/10/2021**

Discharge Date:

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	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT

**Manual Therapy/Massage****Manual Therapy/Massage Grid PT**

	Activity 2	Activity 3	Activity 1	Activity 7
Comments :	NC - lumbar PA joint mobs - prone and lumabr paraspinal STM/MFR	passive R hamstring and piriformis stretching	NC-IASTM to right piriformis and hamstring in prone with R LE off edge of table - also used silicone cups for negative pressure skin gliding over the R piriformis and proximal hamstring	total time x 10 min
	Shah, PT, Payal - 7/20/2021 12:58 EDT	Shah, PT, Payal - 7/20/2021 12:58 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT

**Pain Reassessment**

Primary Pain Location Reassess : Other: Right buttock and hamstring

Primary Pain Laterality Reassess : right

Primary Pain Quality Reassess : Aching, Tightness

Primary Pain Time Pattern Reassess : Chronic

Primary Pain Onset Reassess : Gradual

Pain Negatively Impacts Reassess : Daily life

Ability to Self Report Pain Reassess : Self Report Pain

Preferred Pain Tool Reassess : FACES pain scale

FACES Pain Scale Rating Reassess : 8 = Hurts whole lot

FACES Pain Score Rating Reassess : 8

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**Patient Education**

Education Provided Rehab : Education provided

Responsible Learner Present for Session : Patient

Person(s) taught : Spouse

Patients Learning Preferences : Doing, Reading

Barriers To Learning : Cognitive deficits, Difficulty concentrating

Teaching Method : Demonstration, Explanation

Learning/Educational Needs : Orientation: Clinic/Hospital, Illness/Disease, Treatment plan, Rehabilitation Techniques and Procedures, Safety, Performance, When/How to obtain future treatment

Additional Information Education : see NM for details

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**Assessment**

Therapy Diagnosis : lumbar stenosis vs. right gluteal tendinopathy

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Discharge Date:

**Clinical Assessment Summary :** Patient comes into session complaining of more pain in the right buttock and proximal posterior thigh since the last visit, but overall has not noticed any significant decrease in pain intensity since initiating this bout of therapy. She has gained lumbar AROM and LE flexibility and LE strength and balance but this does not translate into increased function and or reduction of pain which is the patient's primary concern. Patient currently presents as if she has a lumbar radiculopathy in addition to a localized gluteal/piriformis/proximal hamstring tendinopathy. Patient is extremely confused and has a difficult time understanding simple tasks and questions about her pain intensity, elevating and reducing factors influencing her pain and overall recall of her injury. Patient and patient's husband were also educated that current symptoms maybe multifaceted and have a lumbar component and radicular in nature along with a localized gluteal component from the direct impact of her fall two years ago. At this time, patient will benefit from further medical assessment and treatment to further reduce her pain and will continue another 2-3 visits until followup with physicians to reduce localized tissue tension and improve ability to perform stretching and strengthen TE which she will be able to perform with the guidance of her husband.

PT Documentation Complete : Yes

PT Progress Note Complete : Yes

Long Term Goals Reviewed : Yes

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**Long Term Goals**Primary Functional Limitation Goal

	Long Term Goal 1
PT Long Term Goal :	Patient to sit on a harder surface or chair for at least 30 minutes with < 3/10 pain
Status :	Not met
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Long Term Goals

	Long Term Goal 2	Long Term Goal 3	Long Term Goal 4	Long Term Goal 5
PT Long Term Goal :	Pt to bend and lift at least 5 pounds from the floor with 3/10 pain at worst	Increase LE strength by at least a full muscle grade	Improve functional outcome scores by at least 10 points	Patient to demonstrate ability to perform HEP and long term self mgmt strategies with the guidance of her husband
Status :	Not met	Progressing, continue	Not met	Progressing, continue
	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT	Shah, PT, Payal - 7/22/2021 12:39 EDT

**Plan**

PT Plan : Treatment Frequency: 1-2 days per week (modified) Performed By: Shah, PT, Payal 06/10/2021 17:27

Treatment Duration: 8 Weeks Performed By: Shah, PT, Payal 06/10/2021 17:27

Planned Treatments: Balance training, Desensitization, Electric modalities, Elevation training, Equipment training, Gait training, Instruction in HEP, Manual therapy, Neuromuscular reeducation, Pain management, Patient/Family Education,

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Encounter: **01200436981**

Admit Date: **6/10/2021**

Discharge Date:

Posture/Body mechanics training, RO... Performed By: Shah, PT, Payal 06/10/2021 17:27

*Continuing Physical Therapy is Recommended :* Yes

*Frequency :* Other: 2-3 visits until follow up with physician and then determine appropriateness of care

*Duration :* Other: 2-3 visits until physician followup visit and then determine appropriateness of care

*Treatments Planned :* Balance training, Desensitization, Electric modalities, Elevation training, Equipment training, Gait training, Instruction in HEP, Manual therapy, Neuromuscular reeducation, Pain management, Patient/Family Education, Posture/Body mechanics training, ROM, Therapeutic activities, Therapeutic exercises, Thermal/Light modalities, Transfer training

*Treatment Plan/Goals Established With Patient/Caregiver :* Yes

*Rehabilitation Potential :* Guarded

*Guarded Rehab Potential Reason PT :* Severity of impairment

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#### **Time Spent With Patient**

*PT Manual Therapy Units :* 1 units

*PT Manual Therapy Time :* 10 minutes

*PT Therapeutic Activity Units :* 2 units

*PT Therapeutic Activity Time :* 30 minutes

*PT Neuromuscular Reeducation Units :* 1 units

*PT Neuromuscular Reeducation Time :* 20 minutes

*PT Total Timed Code Treatment Units :* 4 units

*PT Total Timed Code Tx Minutes :* 60 minutes

*PT 8 Minute Rule Unit Check :* 4 units

*PT 8 Minute Rule Difference :* 0 units

*PT Total Treatment Time Rehab :* 60 minutes

Shah, PT, Payal - 7/22/2021 12:39 EDT