



WestStar

PHYSICAL THERAPY NETWORK

780 North Euclid St #104
Anaheim, CA 92801
T:(714)533-3416 F:(714)533-3805

Initial Evaluation

Evaluation Date:09/21/2011
Generated Date:09/21/2011

Name: BEDOYA, JACQULINE
Gender: F
Referring Doctor: BROURMAN, STEVEN
Diagnosis: 847.2 Sprains Strains Lumbar
840 Sprains And Strains Of Shoulder And Upper Arm

Date of Birth: 08/13/1969
Account Number: 116336
First Seen: 09/08/2011

Subjective:

Current Condition:

Details:

Chief Complaint: patient complains of pain on low back and left shoulder

Onset Date: 05/20/2011

Type of Injury: 6

Specific Injury: patient reports that while restraining a minor, she injured low back. on the same day she was restraining other minor and she injured left shoulder

TreatmentsDetail:

Pain History:

Pain Area:

Area:

Pain Description:

Area:

Functional Status:

Functional Activity:

Activity: Pt has increased pain and/or difficulty with:bending over,carrying,lifting,mopping,Prolonged sitting/driving,walking, standing,pulling,pushing,reaching overhead,washing dishes,

Medical History:

Medical History: denies any significant medical history

Surgeries: N/A

Diagnostic Tests: X-ray,

Medications:

Work Details:

Status: Currently Not Working

Occupation: COMMUNITY AND SOCIAL SERVICE

Job Requirement: bending over,climbing stairs,kneeling,lifting,walking, sitting, standing,pulling,pushing,reaching overhead,squatting,twisting,

Objective:

LUMBAR REGION

SPECIAL Slump Test + PositiveNegative
SPECIAL Slr 30 PositiveNegative
SPECIAL Faber's - PositiveNegative

SHOULDER, INCLUDING CLAVICLE,

SPECIAL Active Compressive Test - PositiveNegative
SPECIAL Thoracic Outlet Syndrome-adson's PositiveNegative
SPECIAL Speed's - PositiveNegative
SPECIAL Drop Arm Test - PositiveNegative
SPECIAL Supraspinatus Test - PositiveNegative
SPECIAL Hawkins-kennedy Impingement Test + PositiveNegative

Assessment:

Based on the objective and subjective data in conjunction with the stated outcome measurements physical therapy interventions are indicated at this time to address the patient's impairments and subsequent functional limitations.

Plan:

Short Term Goals

Decrease pain by: (1-3 points)
Decrease shoulder impingement /improve shoulder mechanics
Improve patient ability to perform all impaired ADL's.
Increase ROM by: (10-20 degrees)
Increase strength by: (1/2 MMT grade)
Independent with their HEP

Long Term Goals

Treatment Plan

Biofeedback, Heat, IF/Tens/HWave,
Isokinetics, Joint Mobilizations, Lumbar Stabilization, Soft Tissue Mobilization,Ther-ex,

Doctor's Order

2 time(s) per week, for 6 week(s).

Evaluation Performed By:

Therapist: ELSBETH BRAN

License: