

Hudson Valley Chiropractic Health Services, P.C.
108 Kenilworth Place
Brooklyn, NY 11210

TREATMENT PLAN

Chiropractic Manipulative Therapy (CMT) is a form of manual treatment that influences joints and neurological function. This treatment may be accomplished using a variety of techniques. Treatment will consist of gentle chiropractic manipulation to the appropriate parts of the spine. Various soft tissue techniques such as ischemic compression to myofascial trigger point, and manual release therapy will be utilized. The frequency of treatment will be modified as appropriate. Chiropractic manipulative therapy places an emphasis on correction of interosseous disrelationships to remove nerve interference and restore function. No other discipline renders this treatment

I am prescribing a conservative chiropractic spinal manipulative treatment plan 3-4x times per week for 8-12 weeks until re-evaluation. Treatment plan will be modified as clinically necessary.

The recommendation for treatment of injuries is entirely consistent with the clinical presentation. There has been moderate to severe trauma to the spine. This causes the vertebrae to be migrated, ligaments and muscles to be overstretched, and nerves to be inflamed. There is a possibility that these injuries could become chronic and result in permanent disability.

Referral to Other Discipline

- ☒ PM & R to evaluate and prescribe physical therapy rehabilitation program with various modalities
☐ Internal Medicine to evaluate for possible internal organ damage
☒ Orthopedics to evaluate for post-traumatic disc involvement
☒ Neurology to evaluate for concussion and discogenic radiculopathy
☐ Dentistry to evaluate for TMJ dysfunction

Disability and Prognosis

The patient is ☐ completely ☐ partially impaired at present time

The patient may perform his/her duties with the following restrictions:

- ☐ limited lifting ☐ limited bending ☐ twisting ☐ pulling ☐ carrying ☐ sitting
☐ standing for more than _____ minutes at a time

Prognosis is deferred pending a receipt of medical background information, results in diagnostic testing and further observation and management. The patient's prognosis is guarded at this time.

Sincerely Yours,

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