

Physical Therapy Treatment Plan

Patient Name: Olivia Green

Date of Birth: 03/25/1992

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: None

Diagnosis

The patient has the following diagnosis: Tx – reduced flexibility in the core and lower back (M25.5) with an onset date of 02/01/2025.

Treatment Approaches

- **PT Evaluation** (Initial assessment of lumbar spine ROM, flexibility, and core strength.)
 - **Therapeutic Exercises** (Targeted stretching exercises to improve lower back and abdominal flexibility, core strengthening exercises, and mobility drills to enhance twisting and bending motions.)
 - **Neuromuscular Reeducation** (Re-training of proper movement patterns during bending and twisting, emphasizing control and ease of movement.)
 - **Postural Education** (Correction of posture during stretching and yoga, teaching proper spinal alignment to minimize strain on the lower back.)
 - **Manual Therapy** (Soft tissue mobilization for the lower back and abdominal muscles to alleviate tightness and improve range of motion.)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
 - **Duration:** 4-6 weeks
 - **Intensity:** Moderate intensity, based on flexibility and strength progress
 - **Certified Period:** 02/12/2025 - 03/26/2025
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Plan of Treatment

Short Term Goals

1. Olivia will demonstrate an increase in lower back and abdominal flexibility by 20% (measured by ROM assessments) within 2 weeks (Target: 02/26/2025).
2. Olivia will report a 50% reduction in tightness in the lower back and abdomen during yoga or stretching activities within 2 weeks (Target: 02/26/2025).
3. Olivia will perform core stabilization exercises (e.g., planks, pelvic tilts) with 80% correct form by the end of 2 weeks (Target: 02/26/2025).
4. Olivia will improve twisting mobility in the lumbar spine by 15% within 3 weeks (Target: 03/05/2025).

Long Term Goals

1. Olivia will achieve full lumbar spine flexibility (no pain or restriction during flexion, extension, and rotation movements) within 6 weeks (Target: 03/26/2025).
2. Olivia will demonstrate improved core strength with no tightness or discomfort during yoga or stretching exercises within 6 weeks (Target: 03/26/2025).
3. Olivia will be able to participate in yoga or stretching activities without experiencing tightness or pain in the lower back or abdomen by the end of treatment (Target: 03/26/2025).
4. Olivia will demonstrate independent use of proper body mechanics when bending, twisting, or stretching in daily activities, without compensatory movements or discomfort within 6 weeks (Target: 03/26/2025).

Patient Goals

- "I want to be able to do yoga without feeling tightness or discomfort in my back and stomach."
- "I want to be able to bend and twist more easily, without worrying about pain."

Potential for Achieving Goals

- Olivia is motivated to regain her flexibility and improve her movement patterns. She is active and practices yoga regularly, which shows a high commitment to the process. She has no major comorbidities and is compliant with stretching and exercise routines. These factors suggest good potential for achieving her goals.

Participation

- Olivia is fully engaged in the treatment process and is committed to performing her home exercise program (HEP) as prescribed. She has shown a positive attitude toward making modifications to her routine to address her current limitations.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Olivia was referred to physical therapy for reduced flexibility in the lower back and abdomen. She reports tightness and discomfort during yoga and other stretching activities.
 - **Medical History:** No prior history of back injuries or other musculoskeletal conditions.
 - **Complexities:** Current symptoms include tightness in the lower back and abdomen, especially during twisting or bending motions.
 - **Prior Treatment:** Olivia has been practicing yoga for several years but has noticed a recent decline in her flexibility.
 - **Prior Living Situation:** Olivia is an active individual who practices yoga regularly and enjoys other forms of exercise.
 - **Discharge Plan:** Return to normal yoga practice without discomfort and improved core stability and flexibility.
 - **Prior Level of Function (PLOF):** Fully functional in yoga and daily activities with good overall flexibility and mobility.
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Background Assessment

- **Precautions:** Avoid overstretching or using improper body mechanics during therapy exercises. Encourage gradual improvement to prevent further strain.
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Joint ROM / Goniometric Measurements

- **Lumbar Flexion:** 40° (Normal: 60°)
 - **Lumbar Extension:** 10° (Normal: 20°)
 - **Lumbar Rotation (Right):** 15° (Normal: 30°)
 - **Lumbar Rotation (Left):** 15° (Normal: 30°)
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Strength / Manual Muscle Testing

- **Core Stabilization (Abdominals):** 3+/5 (Fair+)
 - **Lumbar Extension:** 3/5 (Fair)
 - **Hip Flexors:** 4-/5 (Good-)
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Balance

- **Sitting Balance:** No significant impairments noted.
 - **Standing Balance:** Stable, with mild discomfort during deep trunk rotation.
 - **Reactions & Strategies:** Demonstrates good movement control during basic activities but experiences discomfort during more dynamic twisting or bending.
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** Mild stiffness in the lumbar and abdominal regions.
 - **Pain and Edema:** Mild tightness and discomfort during bending or twisting motions.
 - **Coordination:** No significant deficits noted.
 - **Cognition:** Cognitively intact with good understanding of therapeutic strategies and goals.
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Visual Assessment

- **History and Analysis:** Stiffness in the lumbar spine and abdominal muscles, especially during yoga poses involving flexion or rotation.
 - **Testing:** Tightness in the lower back and abdomen during forward flexion, rotation, and twisting movements.
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Functional Assessment

- **Yoga Practice:** Limited range of motion during twists and bends; discomfort in forward folds.
 - **Posture:** Slightly rounded lumbar spine when seated or performing deep stretches.
 - **Bending/Stretching:** Difficulty achieving full range of motion without discomfort in lower back or abdomen.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Pain Severity:** VAS 3/10, especially during yoga and stretching.
 - **ROM Testing:** Reduced lumbar flexion and rotation.
 - **Strength Testing:** Mild weakness in the core stabilizers, especially during rotational movements.
 - **Other:** Home Exercise Program (HEP) to focus on gentle core strengthening and stretching techniques, targeting the lower back and abdomen.
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Clinical Impressions

Olivia presents with reduced core flexibility and stiffness in the lumbar spine and abdomen, limiting her ability to perform yoga and other activities that require bending or twisting. With appropriate stretching, core stabilization exercises, and manual therapy, she is expected to regain full flexibility and return to her normal yoga routine.

Test/Measures and Outcomes

- **Pain Reduction:** Goal to reduce pain to VAS 2/10 or less within 2 weeks.
- **ROM Improvement:** Goal to restore full lumbar ROM (flexion, extension, and rotation) within 4 weeks.
- **Strength Restoration:** Goal to improve core strength to 4/5 or better by the end of treatment.
- **Functional Return:** Goal to return to normal yoga practice without discomfort or pain within 6 weeks.