

Physical Therapy Treatment Plan

Patient Name: Mia Johnson

Date of Birth: 05/14/1993

Start of Care: 02/12/2025

Payer: Private Insurance

Hospitalization: None

Diagnosis

The patient has the following diagnoses: Med – coccydynia (M53.3) with an onset date of 01/20/2025, and Tx – low back pain (M54.5) with an onset date of 01/20/2025.

Treatment Approaches

- **PT Evaluation** (Initial assessment of sitting tolerance, lower back ROM, strength, and pain levels.)
 - **Manual Therapy** (Soft tissue mobilization and myofascial release techniques to address muscle tension in the lower back and pelvic area, and alleviate coccydynia-related pain.)
 - **Therapeutic Exercises** (Pelvic floor strengthening, core stabilization, and gentle hip stretches to reduce tension and improve posture.)
 - **Modalities** (Ice therapy for acute pain management, and TENS for targeted pain relief to the coccyx and lower back.)
 - **Postural Education** (Training on proper sitting posture and the use of cushions or supports to reduce pressure on the tailbone.)
 - **Pain Management** (Instruction on pacing and activity modifications to prevent aggravation of the injury.)
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
 - **Duration:** 4-6 weeks
 - **Intensity:** Low to moderate intensity, based on comfort levels and progress
 - **Certified Period:** 02/12/2025 - 03/26/2025
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Plan of Treatment

Short Term Goals

1. Mia will demonstrate a reduction in tailbone pain by 50% (VAS 4/10 or less) within 2 weeks (Target: 02/26/2025).
2. Mia will improve her sitting tolerance to 20 minutes without significant pain or discomfort within 2 weeks (Target: 02/26/2025).
3. Mia will increase lumbar spine ROM by 20% (based on forward flexion, extension, and rotation) within 3 weeks (Target: 03/05/2025).
4. Mia will perform core stabilization exercises (e.g., pelvic tilts, bridge exercises) with 80% correct form by the end of 3 weeks (Target: 03/05/2025).

Long Term Goals

1. Mia will be able to sit comfortably for 60 minutes without experiencing tailbone pain or radiation into the lower back within 6 weeks (Target: 03/26/2025).
2. Mia will demonstrate full lumbar spine ROM and strength (4/5) with no limitations in functional activities (e.g., bending, lifting, sitting) by the end of treatment (Target: 03/26/2025).
3. Mia will resume normal daily activities (e.g., sitting for work, social engagements) without pain or discomfort by the end of treatment (Target: 03/26/2025).
4. Mia will be able to sit on a flat surface without a cushion or modification for at least 60 minutes without exacerbating pain within 6 weeks (Target: 03/26/2025).

Patient Goals

- "I want to be able to sit at work without pain."
- "I want to stop having pain in my lower back and tailbone when I sit for long periods."

Potential for Achieving Goals

- Mia is motivated to improve her sitting tolerance and reduce pain. She has no other significant medical issues and is compliant with treatment. Her good understanding of the injury and active involvement in therapy suggest strong potential to achieve her goals.

Participation

- Mia is dedicated to attending all sessions and actively participates in her home exercise program (HEP). She is aware of the importance of posture modifications and adhering to pain management strategies.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Mia was referred to physical therapy for coccydynia following a fall on her tailbone. She reports significant discomfort while sitting and during prolonged periods of lower back activity.
 - **Medical History:** No prior history of back or pelvic issues. No significant past surgeries or health complications.
 - **Complexities:** Current symptoms include pain when sitting, difficulty with prolonged sitting or standing, and radiation of pain into the lower back.
 - **Prior Treatment:** Mia has tried over-the-counter pain medication with limited relief and has modified her sitting habits but continues to experience discomfort.
 - **Prior Living Situation:** Mia works in an office environment and has a sedentary lifestyle with occasional physical activity.
 - **Discharge Plan:** Gradual return to normal activities without pain, including returning to a regular work routine and sitting for longer periods without discomfort.
 - **Prior Level of Function (PLOF):** Independent in all daily living activities and fully functional in an office work environment prior to the injury.
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Background Assessment

- **Precautions:** Avoid prolonged sitting without support and modify activity levels to prevent further strain on the tailbone. Gentle stretching is recommended, but high-impact activities should be avoided until symptoms resolve.
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Joint ROM / Goniometric Measurements

- **Lumbar Flexion:** 45° (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)
 - **Pelvic Floor Strength:** 4-/5 (Good-)
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Balance

- **Sitting Balance:** Difficulty maintaining a comfortable seated posture for more than 10 minutes.
 - **Standing Balance:** No significant impairments.
 - **Reactions & Strategies:** Limited tolerance for maintaining sitting posture for long periods.
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal
 - **Tone and Posture:** Mild to moderate stiffness in the lumbar region, with altered posture when seated.
 - **Pain and Edema:** Moderate pain (VAS 5/10) and mild tenderness to palpation over the coccyx.
 - **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:** Tenderness over the coccyx, increased pain with seated positions and prolonged sitting. Mild muscle tightness in the lower back.
 - **Testing:** Pain reproduction with pressure on the tailbone, discomfort exacerbated with sitting on a hard surface.
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Functional Assessment

- **Sitting Tolerance:** Unable to sit for more than 10-15 minutes without discomfort or exacerbation of pain.
 - **Posture:** Slight forward slumping when seated to reduce pressure on the tailbone.
 - **Walking/Standing:** No significant limitations, but discomfort during prolonged standing or after periods of sitting.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Pain Severity:** VAS 5/10, primarily with prolonged sitting.
 - **ROM Testing:** Reduced lumbar flexion and extension ROM.
 - **Strength Testing:** Mild weakness in core muscles, especially during lumbar extension movements.
 - **Other:** Home Exercise Program (HEP) focusing on pelvic floor and core strengthening, gentle lumbar stretches, and seated posture modifications.
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Clinical Impressions

Mia is presenting with coccydynia following a fall on her tailbone, leading to significant sitting intolerance and mild low back discomfort. With appropriate manual therapy, exercises to improve sitting tolerance, core stabilization, and postural adjustments, Mia is expected to improve and return to normal function without pain or limitations.

Test/Measures and Outcomes

- **Pain Reduction:** Goal to reduce pain to VAS 3/10 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 and lumbar strength to 4/5 or better by the end of treatment.
- **Functional Return:** Goal to return to normal sitting tolerance (60 minutes) without pain or discomfort within 6 weeks.