

Wellness Chiropractic
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P.A.R.T Exam

Patient Name: John Chiro
DOB: 1/19/1976
Date of Visit: 4/1/2010

Pain/tenderness:

Headaches. The symptoms appear on both sides. John reports moderate pain today. The pain is also described as stabbing pain and tightness. John rates the pain at 5. Symptoms are getting better. Ice make(s) the pain better. Pushing/Pulling with feet and Pushing/Pulling with hands is making the pain worse.

Neck Pain. His condition started on 4/1/2009. The symptoms are bilateral. The pain is rated as mild. The pain is also described as sharp and stabbing pain. John rates the pain at 4. Symptoms are getting better. Ice and pain medicines improves the pain. Exercise/Sports, General Mobility and Holding onto objects are making the pain worse.

Asymmetry/misalignment:

Palpation

Subluxation, swelling was found in left C1-2, T3-4, L2-3.

Range of motion abnormality:

ROM

Cervical ROM: Flexion ROM is 45/50, Pain: significant, Pain level: 0, Left Lateral Flexion ROM is 35/45.

Tissue, tone changes:

Muscle

Bilateral longus colli/capitis, lumbar transversospinalis, masseter, splenius capitis, deltoid, pectoralis major, serratus posterior, shoulder capsule, extensor digitorum longus, hamstrings, peroneus brevis, peroneus tertius and popliteus: Burning.

Assessment:

Diagnoses

1: Lumbar subluxation (839.20), 2: Dizziness, vertigo (780.4), 3: Headache (784.0), 4: Neck pain (723.1).

Assessment

4/1/2010. Patient: John Chiro. Doctor: Tim Thompson, DC

After today's assessment patient's progress is noted as evidence by decreasing pain, patient's progress is noted as evidence by increased ROM.

Prognosis

At this time Patient's prognosis is fair.

Procedures:

Adjustments

Adjusted left T5, L3 and hip; right C1 with Gonstead technique.

Gonstead

Adjusted with Gonstead: C3 - PLS, C5 - PLS, C6 - PRS, T2 - PRS and T3 - PRS.

Treatments

CMT 1-2 Spinal Regions (98940)

- Lumbar subluxation (839.20), - Dizziness, vertigo (780.4), - Neck pain (723.1)

Manual Therapy (97140) was performed for 8 minutes

- Lumbar subluxation (839.20), - Dizziness and vertigo (780.4).

Plans:

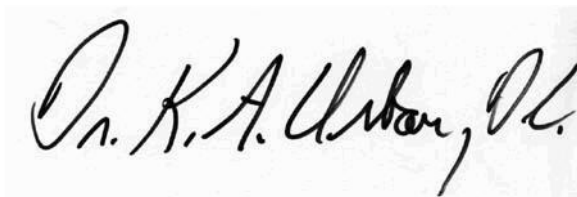
Spinal manipulation 2x times per week for 3 weeks, Modality/Therapy: Hot packs - .

Short Term Goals

Improving the ADLs (as listed above): housework and shopping 50% within 5 weeks.

Nutrition/Supplements

Allerplex 2x times per day, Adrenal (Desiccated) 3x times per day.

A handwritten signature in black ink on a light background. The signature reads "Dr. K. A. Urbani, D.C." in a cursive script.