

Wellness Chiropractic Care
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SOAP Note Report

Patient Name: John Chiro

Date of Visit: 11/17/2007

Complaints: **Low Back Pain, Neck Pain, Ankle Pain**

Subjective:

John's **neck pain** started on 6/27/2007. Today the pain is mild, and John rated it at a 5 (0 being none and 10 being excruciating). His activity affected level is rated at a 1 (0 being no effect and 10 being no possible activity), The pain is happening constantly (76 - 100% of the day), and the symptoms are getting worse.

John's **low back pain** started on 6/27/2007 and he said: "the pain is almost too much to stand". The pain is severe and he rated it at a 5 (0 being none and 10 being excruciating). His activity affected level is rated at a 1 (0 being no effect and 10 being no possible activity). The pain is happening constantly (76 - 100% of the day), and the symptoms are getting worse.

Objective:

Palpation

Hypertonicity was noted in C3, T5 and L5 on the right. Swelling and stiffness were also noted in those segments. Taughtness of the skin was noted mainly in the cervical region closest to C5 on the right.

Muscle

Right cervical extensors, cervical transversospinalis, median nerve show muscle spasms and tightness

Assessment:

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After today's assessment, Patient's condition is progressing with treatment.

Prognosis

At this time Patient's prognosis is good and full recovery is likely with rehab and care plan.

Diagnoses

Low back pain (724.2)

Procedures:

Adjustments

Adjusted left C3, right T5 and left L5 with Cranial technique (NOTE: any technique used can be added).

Treatments

Electrical Stimulation was applied to left L4 and right SI joint.

Rehab

Today we performed the following rehab procedures with John: Finger-walk exercise for shoulder rehabilitation, Un-assisted hamstring stretch, Mckenzie lower back exercises; Thoracic extension exercises in a corner.

Equipment

No equipment was given today.

Plan:

Continue care plan as scheduled in initial examination: spinal manipulation and rehab 3 times per week for 3 weeks and then we will review total progress and re-evaluate John.

Home Therapies

Continue as directed: advised John not to begin any activity where there is no ability to stop, how to do a hamstring stretch, how to perform wall pushups for shoulder rehabilitation.

Short Term Goals

Gaining 30% improvement; allowing John to return to daily activities without pain resulting. Decreasing pain, Inflammation, muscle tightness and increase vertebral motion; decreasing muscle tightness and increase vertebral motion while reducing pain.

Long Term Goals

Restoring John to his normal level of independence with ADLs and to do so without pain.

Patient Responsibilities

Keep appointments- The primary way to achieve the result millions of chiropractic patients have enjoyed is to keep Appointments.

Get enough rest- Proper rest is an important aspect of the healing process. Use a mattress that offers support, and