

## PROGRESS EXAM

Referred by:

**For Date of Service Thursday, September 07, 2017:**

**Re:** [REDACTED]  
**D.O.B.:** 07.13.1993  
**Case #:** CA-05702-07262017-828  
**Onset Date:** 07-26-2017  
**Smoking Status:** Unknown if ever smoked

**On 07/26/2017, the patient reported the following complaints:**

Current concern(s):  
lbp

Symptoms began:  
07/26/2017

Pregnant:  
No

Frequency of symptoms:  
Frequent

Changes in symptoms during the day:  
Does not change

What helps relieve symptoms:  
Nothing

### **Prior Treatment**

Tried other treatments:  
No

### **Accident Details**

Symptoms result of an accident:  
No

*As of: 07-26-2017 08:11:12*

### **Health History:**

Prescription Medications:  
Sprintec oral contraceptive: 1 times per Day

Over The Counter Medications:  
Nothing reported

Dietary Supplements:  
Multivitamin: 1 times per Day

Diet and Exercise:  
Nothing reported

Diagnosed Allergies:  
Nothing reported

Implants that may affect X-Rays, MRIs and CAT Scans:  
Nothing reported

Surgical History:  
Nothing reported

Cancer History:

Nothing reported

Family Cancer History:

Nothing reported

Cardio-pulmonary/Circulatory History:

Nothing reported

Family Cardio-pulmonary/Circulatory History:

Nothing reported

Endocrine, Gastrointestinal, and Neurologic Health History:

Nothing reported

Emotional or Mental Health History:

Nothing reported

Sensory History:

Nothing reported

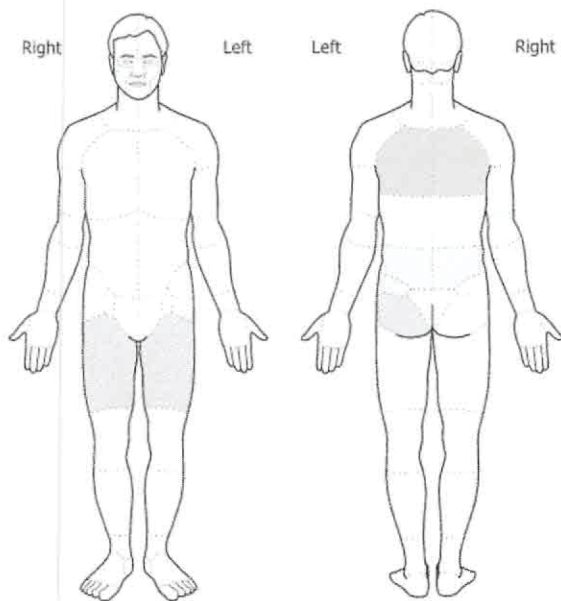
Musculoskeletal History:

Nothing reported

Reproductive History:

Nothing reported

**SUBJECTIVE**



- 0 | Front Right Leg | Numbness
- 0 | Front Left Leg | Numbness
- 2 | Back Right Upper Thoracic Region | Dull Ache, Stiffness
- 2 | Back Left Upper Thoracic Region | Dull Ache, Stiffness
- 0 | Back Left Gluteal Region | Dull Ache, Stiffness
- 1 | Back Right Lumbar Region | Dull Ache, Stiffness
- 1 | Back Left Lumbar Region | Dull Ache, Stiffness
- 1 | Back Left Posterior Pelvis | Dull Ache, Stiffness

**The patient described her progress as:** Better.

**Today's subjective notes:**A Progress Evaluation was performed on this patient today and they have experienced a 70% decrease in their presenting complaints.

Front: Right Leg



Front: Left Leg



The patient finds that they are better able to: walk and work. She has also exceeded our short term goals of 50% improvement of her initial goals and her Outcome assessment tool supports that improvement as soon below.

Patient has no known drug allergies

### OBJECTIVE

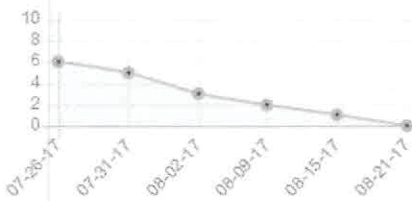
Back: Right Lumbar Region



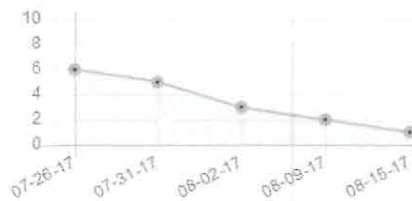
Back: Left Lumbar Region



Back: Left Gluteal Region



Back: Left Posterior Pelvis



Back: Right Upper Thoracic Region



Back: Left Upper Thoracic Region



### Following are results from physical examination of the patient:

#### Ranges of Motion Passive

#### Thoraco/Lumbar

Flexion: 80/80  
 Extension: 30/30 with stiffness, with tenderness  
 Lat. Flexion (L): 20/20 with stiffness, with tenderness  
 Lat. Flexion (R): 20/20 with stiffness, with tenderness  
 Rotation (L): 50/50  
 Rotation (R): 50/50 with stiffness, with tenderness

#### Orthopaedic/Neurological Tests

#### Lumbar

**Orthopaedic - Braggard's Sign:** Bilateral - Negative

**Test Description:** Patient supine, the whole extremity on the affected side is flexed on the hip until patient experiences pain, then foot is dorsiflexed. Sign is present if there is an increase in radicular pain.

**Interpretation of finding:** Nerve root irritation of the sciatic nerve.

**Orthopaedic - Kemp's Test:** Bilateral - Negative

**Test Description:** Patient standing: examiner standing behind patient anchors pelvis and sacrum with one hand and with other hand on opposite shoulder, forces patient into extension, pulling downward and medialward. Patient sitting: examiner stands in front of patient who is sitting with arms folded. With one hand anchoring pelvis, examiner forces opposite shoulder backward, downward, and medialward.

**Interpretation of finding:** Facet syndrome.

**Orthopaedic - Lasague Sitting Test:** Bilateral - Negative

**Test Description:** Patient sitting with legs dangling. Examiner extends patient's legs one at a time. Test is positive for radiculopathy if patient squirms and shifts pelvis making leg abduct and rotate. Is also used as a malingering test.

**Interpretation of finding:** Lumbar radiculopathy.

**The following observations were made:**

T12 PRS, L5 PRS 7/17

There is palpable tenderness in the following areas: lumbar spine and left sacroiliac joint.

**ASSESSMENT**

**The patient has been diagnosed as follows:**

M54.42 (A) Lumbago with sciatica, left side

M99.03 (A) Segmental and somatic dysfunction of lumbar region

**The following assessment was made:**

This patient is in the relief/repair phase of care and is responding well to treatment.

**PLAN**

**The patient has been advised to continue with the following schedule of care:**

As of 09-07-2017: Two visits per week , for three weeks

Projected end date: 09-28-2017

Description:

**The following plan was made:**



The patient was adjusted with specific chiropractic adjustments to the levels outlined above and our specific intersegmental findings today. We also used Intersegmental traction to mobilize spinal joints and low volt muscle stimulation to increase circulation to improve healing and reduce muscle spasm.

A comprehensive review of lumbar exercises and stretches were done for this patient by the doctor for a period of 8 minutes.

This patient outcome assessments show the following results thus far and supporting the medical necessity for further treatment.

### **Bournemouth Back Questionnaire©**

First Name :

Last Name : ,

Date of birth :

Completed on : 09.07.2017 at 05:46pm

	Pain Intensity	Daily Activities	Rec/Social /Family	Anxiousness	Depression	Work Activities	Pain Control	Total
07.27.2017	6	5	0	2	1	6	7	27
<b>09.07.2017</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>0</b>	<b>6</b>	<b>2</b>	<b>20</b>
Current Change	3	1	-3	0	1	0	5	7

### **Modified Roland (Sciatica) Questionnaire©**

First Name :

Last Name :

Date of birth :

Completed on : 09.07.2017 at 05:51pm

**Current result: 3/23**

**Previous result(s):**

07.27.2017: 12/23

Current change: 9

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Reviewed and signed by:

, DC 09/07/2017 06:21 PM