

Daily SOAP Note

Chicago Wellness Center
141 W. Jackson Blvd
Chicago, IL 60604
312-939-3400

Arthur Bach DOB:1/23/1967

Tuesday, July 10, 2012

Office visit #1

SUBJECTIVE:

This is the patient's first office visit. Arthur stated that his lower back problem is from lifting heavy furniture. On a scale of 0 to 10, with 0 being nothing and 10 being his worst pain, Arthur rated his Right Sacroiliac Region an 8. The patient stated that his problems become worse when he bends, sits, stands up, works out and runs. Arthur also informed me that his problems are relieved when he uses ice, uses NSAIDS and lies on his back with his knees bent.

OBJECTIVE:

A new patient examination was performed today on the patient (99203). The patient's lumbar range of motion showed decreased lumbar right rotation with pain and right lateral flexion with pain. There was biomechanical joint dysfunction over the patient's right SI vertebral segments. Spasms were visualized in Arthur's right lower lumbar. I observed that the patient had moderate trigger points on his origin of the right piriformis. Severe tender taut fibers were palpated in the patient's Right Sacroiliac Region. Orthopedic testing revealed Nachlas was positive, Yeoman's Test was positive, Laguerre's Test was positive and Hibb's Test was positive. While I had the patient in the prone position, I observed a half of an inch functionally short right leg length.

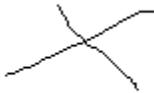
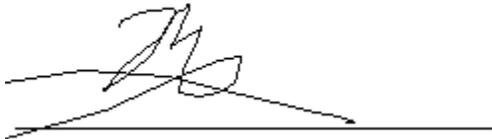
ASSESSMENT:

The prognosis for the patient is guarded because the patient has not had enough treatments to correctly evaluate a prognosis.

PROCEDURE/PLAN:

The following xray views were taken on the patient today: lumbar AP and lateral (72100). I applied fifteen minutes of interferential therapy to increase the patient's blood flow, decrease the tonicity, and decrease the discomfort at a frequency sweeping between 1 and 150 Hz over Arthur's Right Sacroiliac Region (97014). A hydrocollator pack was applied to create moist heat for fifteen minutes over Arthur's Right Sacroiliac Region to increase the blood flow, decrease the discomfort, and relax the associated musculature (97010). I performed the Diversified Chiropractic adjusting technique over all of the patient's restricted vertebral segments in the lumbar, sacral and pelvis regions. All segments moved well, and appropriate audible releases were heard with each adjustment (98941). An SOT adjustment was performed over the patient for the corrections of the sacral and cranial distortions to correct and to improve circulation of the cerebrospinal fluid using standard SOT protocol. The Hamstring Stretch on Wall therapeutic exercise was demonstrated for eight minutes and a handout with instructional photographs was given to the patient so that he could perform the exercise at home. I applied six minutes of proprioceptive nerve facilitation stretches over the

patient's lumbar, piriformis, psoas, hamstrings, quads and adductors musculature. I did trigger point therapy for eight minutes over trigger points found in the patient's lumbar, gluteal and piriformis region to further relax his musculature and decrease his discomfort (97140-59). I have instructed the patient to avoid keeping a wallet in his back pocket, prolonged standing and lifting weights. I have recommended that Arthur should use a sacroiliac belt. I have suggested to the patient that he should take Vacuzyme: a proteolytic enzyme combination designed to remove cellular debris (4 tablets QID) made by Ortho Molecular Products. When leaving, the patient informed me that he felt slightly better. I have advised Arthur to schedule his next treatment tomorrow.



Dr. Michael L. Silbert
NPI: 1063509727

Arthur Bach

I have advised Arthur to schedule his next treatment tomorrow. CPT codes: New Patient 99203, CMT 3-4 Regions 98941, Lumbar AP/LAT 72100, Electric Stim 97014 1 Units, Therapeutic Exercise 97110 1 Units and Manual Therapy 97140-59 1 Unit

ICD-9 Codes: 724.6 Sacroiliac Pain, 839.42 Sacroiliac Subluxation, 846.1 Sacroiliac Ligament Sprain, 728.85 Muscle Spasm
Date of Onset is Tuesday, July 03, 2012