

Treatment Plan Tuesday, July 10, 2012

Chicago Wellness Center
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This is a unique Treatment Plan for Arthur Bach created on Tuesday, July 10, 2012. Because Arthur's condition involves soft tissue which includes fascia, ligaments and muscles, it is important to understand the complete healing process that one goes through. There are three stages of care before a body recovers completely. The first stage of care is called the symptomatic relief stage. The second stage is the repair and regenerative stage. The third stage is the rehabilitation stage. Due to the differences of the best course of treatment in the various stages, it is important to concentrate on the stage that Arthur is in now, and the patient is in the Symptomatic stage. This stage typically lasts 4 to 12 weeks, for Arthur's specific condition, the recommended number of visits is 12 until he is expected to be ready to move to the next stage of care.

Each treatment will build on the visit prior to it. Therefore, the frequency of the visits is critical to actually correct the underlying reason for the condition. This is similar to the results from going to a gym 3-4 multiple times versus just once a year. For this reason, it is in Arthur's best interest to receive treatments 3 times a week for four weeks.

The patient's current diagnosis is:

- 1) 724.6 Sacroiliac Pain
 - 2) 839.42 Sacroiliac Subluxation
 - 3) 846.1 Sacroiliac Ligament Sprain
 - 4) 728.85 Muscle Spasm

Chiropractic manipulative treatments will be used to remove fixations, improve neurophysiological function, and improve the biomechanics of the patient's spine. The types of chiropractic manipulative treatment Arthur will receive will consist of Diversified, Pulstar and Sacral Occipital Technique. The Diversified technique is a hands on chiropractic technique utilizing a variety of means to reduce fixations and improve spinal function. The Pulstar technique utilizes a tool to deliver consistent low force high speed chiropractic adjustments to correct fixated vertebral segments. The SOT method uses a specific set of protocols utilizing special blocks to adjust the spine.

The following therapeutic modalities will be used: Interferential Therapy and Ultrasound.

- 1) Interferential therapy will be used at fifteen minute intervals over the patient's lumbar musculature. Interferential therapy is used to treat edema, inflammation, muscle spasm, limited mobility, atrophy, wound care, and re-education of muscle function.
 - 2) Ultrasound will be performed at eight minute intervals over the patient's right sacro-iliac articulation. Ultrasound provides a deep penetrating heat within the tissue, introduces a micromassage within the problem area by breaking down scar tissue,

reducing edema, and creating a mild sedative effect.

Therapeutic Exercises (97110) will be performed with the patient to increase his flexibility, strength, range of motion, and endurance. The therapeutic exercises will consist of: Body ball, and Stretching exercises.

1) Body ball exercises in which the patient will strengthen his abdominal wall and lumbar extensors taking some of the compressive load off of his lower back and to improve the proper positioning of his lumbar curve in the sagittal plane as well as to prevent problems in the future. It is hoped that the patient will purchase a ball and perform the exercises at home.

2) Various stretches to increase the muscle length and return the patient to health faster.

Neuromuscular Reeducation (97112) will be performed on Arthur to improve his balance, coordination, kinesthetic sense, proprioception, and muscle tone. The type of neuromuscular reeducation that will be used are and Proprioceptive Nerve Facilitation.

Acupuncture (97780) will be performed to decrease discomfort and balance Arthur's energy meridians to promote a better environment for healing.

Activities of Daily Living (97535) will be performed with Arthur Bach to modify his habits enabling Arthur to recover faster and prevent a reoccurrence in the future.

In order for the patient to achieve the best results for his care, it is recommended that Arthur refrain from the following: excessive sitting, exercising using poor posture and improper techniques, watching television with poor posture, running and wearing a wallet in the back pocket.

Providing the patient has been compliant with both his appointments and recommendations, I expect Arthur to accomplish the following goals by the end of this stage of care:

- The patient will have increased his lumbar range of motion by 50%
- Decrease his discomfort by 50%
- Strengthen the patient's lumbar region



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