

Claim Number: 3543-35-3454

Date of Injury: 04/23/2013

### SUBJECTIVE

**Client Focus:** Decrease pain in mid and low back

**Current Medications:** Hydrocodone

#### Symptoms

Moderate pain in midback radiating to low back occurring constantly since car accident

Moderate headaches occurring 3 times per day and lasting 30 minutes since car accident

#### Activities of Daily Living

Lifting packages as UPS delivery driver

Aggravation: Pain increases from mild to moderate after 10 lbs

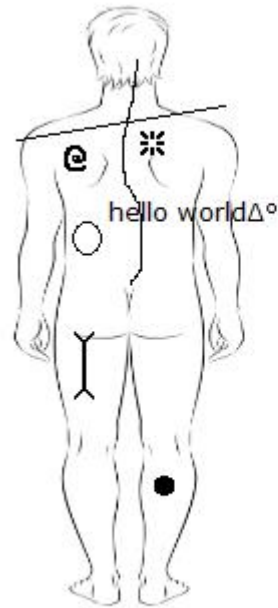
Limitation: Client is no longer able to perform the activity because of pain

Cooking

Aggravation: Pain increases from mild to moderate after 2 to 3 minutes

Limitation: Client has to stop the activity after 30 minutes because of pain

**Comments:** Rest and heat relieve the pain



### OBJECTIVE

#### Visual

Comments

Primary weight bearing rising and standing: right leg and foot - No Δ

Sits on left pelvis - ΔL ↓balance

Bends from midthoracic - No Δ

Mid to moderate segmental movement left ribs with deep inhalation - Δ smooth

Breath moderately shallow and rapid - ΔL & even

☄ Inflammation

Y Short

● Tender Point

@ Trigger Point

#### Palpation

Upper Back

Erector Spinae Group: Adhesion, BL, M+ Δ M-

Transversospinalis Group: Hypertension, BL+R, S- Δ M-

#### Modalities

Gliding: (30 minutes) Upper Back, Shoulders, Lower Back, Hips

Lymphatic Drainage: (30 minutes) Upper and Lower Trunk

### ASSESSMENT

**Long Term Goals:** Client will be able to lift up to 40 lbs 3 times an hour Monday to Friday with no more than mild pain within 60 days.

**Short Term Goals:** Client will be able to lift up to 10 lbs 10 times a day every day with no more than mild pain within 14 days

### PLAN

**Treatment Plan:** Gliding and lymphatic drainage focused on mid & low back, once a week for 8 weeks, 60 minute sessions, to increase mobility and decrease adhesions

#### Homework and Selfcare

Continue hot pack application to midback for 10 minutes 2 times a day. Avoid heat on neck and low back.

Initiate deep breathing exercises for 10 minutes. Gave breathwork handout.

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You can have more than one entry.

What if I add another entry?

Provider Signature \_\_\_\_\_ Date \_\_\_\_\_