

TEST PHYSICAL THERAPY OFFICE

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Anytown, NY 12345
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Progress Report (12/05/10)

Patient: John A Smith
Sex: m
DOB: 06/14/77
Case Description: wc 2/10/10
Diagnosis: 847.2 LUMBAR SPRAIN
724.2 LUMBAGO

Referring Physician: Sam Jackson, MD
CC Physician:
DOI: 03/05/10
DO Surgery: N/A
Surgery Type:
Occupation: Contractor

Precautions:

PMHx / Mental Status:

Subjective: Reports significant improvement in lower back pain. Pain reported with lifting and twisting at waist. No recent reports of sciatic pains.

Ambulation: Leg pains absent with ambulation. Does report lower back discomfort with ambulation greater than 15 minutes.

Device

Level Independent

Pain: Rest: 2/10 **Activity:** 4/10

Blood Pressure: 125/56

Tenderness

Location: Interspinous Segments L3-5
☐ Absent ☐ +1 Mild ☒ +2 Moderate ☐ +3 Considerable ☐ +4 Severe

Location: L Sciatic Notch
☐ Absent ☒ +1 Mild ☐ +2 Moderate ☐ +3 Considerable ☐ +4 Severe

L-SPINE	AROM	PROM	END FEEL	MUSCLE STRENGTH (0-5)	Pain Quality
Flexion	115			3+	Dull
Extension	20			4-	Sharp
Rotation	L 25 R 15	L R	L R	L 4- R 4	L Absent R Dull
Lat Flexion	L 15 R 25	L R	L R	L 4- R 4-	L Sharp R Absent
Notes:					

Reflexes	L	R
BICEPS BRACHII C5:	+2	+2
BRACHIORADIALIS C6:	+2	+2
TRICEPS C7:	+2	+2
QUADRICEPS L4:	+2	+2
GASTROCNEMIUS S1:	+2	+2

Notes:

Transfers & Bed Mobility	Sit to Stand	Toilet	Bathtub	Supine-Sit	Rolling
Levels	Independent	Independent	Independent	Independent	Independent
Notes					

Special Test	Additional Information
-SLR, +Faber on Left	Lumbar support used at work.
Assessment/Prognosis	Treatment
Patient returned to work with use of lumbar support. Expect continued strength gains.	AROM/ AAROM, HEAT/ COLD, PROM, STRENGTHENING, E-STIMULATION, STRETCHING, JOINT MOBS, CORE STRENGTHENING, MANIPULATION, MYOFASCIAL/MASSAGE, LUMBAR TRACTION, HOME EXERCISE, FREQUENCY—2 x wk, DURATION—60 Days

Goals	
Short Term Goal/s: (4 WKS)	1.Improve pain free lumbar flexion to 125 2.Ambulate 20 min pain free
Long Term Goal/s: (8 WKS)	1.Improve abdominal strength to 4/5 2.Perform lift task #20 pain free

X **John Smith, PT**

Physical Therapist
Electronically Signed.

2010-12-05

Date
Provider ID: 12345678