

Patient Name: \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BP: \_\_\_\_\_ P: \_\_\_\_\_ Temp: \_\_\_\_\_ RR: \_\_\_\_\_ BGL: \_\_\_\_\_

**L3:** (1-ROS + 1HPI) + 6 elements total + MDM <sup>2 of 3</sup> or **L4:** (2-ROS + 4-HPI + 1-PSFH) + 12 elements total] + MDM <sup>2 of 3</sup>  
**High Risk-L5:** i.e., threat to organ function, severe exacerbation, HIV (protease inhibitors), or BP180/110; then 2-page H&P

Family history (date of earlier PSFH & ROS reviewed: \_\_\_\_\_) updates:  None  Yes

ros 1: Allergies Reviewed:  Unchanged  New Allergies (if so, prepare sticker for chart):

ros 2: Musculoskeletal history reviewed: Updates:  No Updates  Updated Below:

This is a NEW INJURY or a reinjured area. If so, has Conservative Therapy (bed rest, exercises/stretching, heating or cooling, massage, or analgesics) tried and failed?  Yes, order physiotherapy below.  No, physiotherapy not ordered.

NEW INJURIES require a NEW "Monthly Therapy Progress Note".  Attached, or  Scheduled on:

CC: Location: \_\_\_\_\_ Duration: \_\_\_\_\_

PAIN LEVEL: At Rest /10 | With ADL /10 | After Medication /10

Plan for above:  Exercise Thx  TPI  Manual Thx  Therapeutic Activities  Other:

Was there a new E&M Service performed today?  No  Yes. If so, are there new finding(s) listed here?  No  Yes:

**New Finding**, i.e., "Trigger Point Muscle/tendon site(s)" identified here for Conservative Therapy:

Rx Prilocaine-lidocaine2.5% topical and deep tissue massage: applied to the **New Finding/Problem** area(s) listed here

**Physical Exam (PE) Areas and Elements**

**1. Musculoskeletal:**

- Gait and station is symmetrical & balanced
- Digits and nails show no clubbing, cyanosis, infections, petechiae, ischemia, or nodes)

**2. Constitutional:**

- Well developed, well nourished, NAD
- Vitals

**3. Ears, Nose, Mouth and Throat:**

- External ears & nose w/out scars, lesions, or masses
- Hearing grossly intact

**4. Respiratory:**

- Respiration is diaphragmatic & even; accessory muscles not used

**5. Eyes:**

- Conjunctiva clear, no lid lag & deformity

**6. Psychiatric:**

- Alert and oriented to time, place, and person
- Mood and affect appropriate
- Judgment & insight WNL
- Recent and remote memory intact

See attached "Trigger Points & Injection Therapy" note for documentation of today's procedures.

Supervised exercise therapy (**97110**) **Minimum of 20 min** ordered today to increase strength, endurance, flexibility, ROM; and to decrease pain, inflammation & spasm: Wobble chair, Curve master, Precor stretching machine w/8 reps, Wall Track, and Wobble Board (optional). Manual therapy (**97140**) for **at least 20 min**.

- \*See attached "Daily Therapy Note" for documentation & specific minutes.

**Risk(R):**  Rx Prilocaine-lidocaine2.5% topical = L4

Rx:

Rx NDC# \_\_\_\_\_  Rx Lot# \_\_\_\_\_  Rx Exp Date: \_\_\_\_\_

Abnormal Findings/Assessment:  G43.01 Migraine  M54.20 Cervicalgia  M54.50 Lumbago  M54.60 Thoracalgia  
 M77.9 Enthesopathy (boney-tendon/ligament)  M79.6 Extremity Pain  M62.4 Muscle Spasm  M79.1 Myalgia(s)  
 R53.81 Malaise and Fatigue  S13-39 Sprain/Strain  Z01.82 Allergy Screening  Other:

Tendon and/or Trigger Point Injection # \_\_\_\_\_ /12 (Start 1/12 for a Re-Injury). Follow-up per protocol, then reevaluate.

Other:

Supervising physician for established treatment protocol:

Last ROM: / /

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ DO, MD, PA