

Visit Notes
Date: 05/13/2011
Ashlee Jones, D.C.
Back in Business
Patient: Valentino Rossi

DOB: 04/26/1981

Subjective

Self-assessed pain rating, on a scale of 0-10 with 0 indicating the absence of pain in that area.

Initial

| Date | Symptom | Initial Rating | 05/13/2011 | Change |
|-------------|----------------|-----------------------|-------------------|---------------|
| 05/02/2011 | Neck Pain | 10 | 7 | 30% |
| 05/02/2011 | Headache | 8 | 3 | 62% |
| 05/02/2011 | Low Back Pain | 8 | 3 | 62% |

The patient indicated that they feel that their condition is improving.

The patient indicated that the exercise program is going well.

Objective

Muscle Spasm detected: Cervical Region and Lumbar Region, improved since last visit.

Fixation detected: Cervical Region and Lumbar Region, improved since last visit.

Limited Range of Motion observed: Cervical Region and Lumbar Region, improved since last visit.

Assessment

Diagnoses as of the examination on 05/02/2011:

739.1 Cervical segmental dysfunction

847.0 Cervical sprain/strain

739.4 Sacral segmental dysfunction

739.3 Lumbar segmental dysfunction

The patient has responded favorably to chiropractic therapy, but such progress has been slow. Subjectively, their level of symptoms is about the same, but objective findings demonstrate a mild improvement.

Plan

Continue as planned.

Treatment

Segments adjusted: C2, C3, C4, L2, L3, L5 and Pelvis (right).

EMS (Unattended) was administered to the cervical region, on the left and right for 8 minutes.

Exercises were performed focused to the cervical region, left shoulder, left and right hip for 20 minutes.

Class 4 Laser was shot through left shoulder; settings were 2.5 watts (average) continuous wave at 10 Hz for 10 seconds using a contact static technique.

Comments

The patient continues to perform their home exercise program.

Electrical Muscle Stimulation is used to restore muscle tone, reduce spasms and edema, prevent or retard disuse atrophy, and to increase local blood circulation.

Reviewed and signed on Friday, May 13, 2011 by Ashlee Jones, D.C.