

XXXXXXX - TREATMENT CHART

S.NO	DATE	LIST OF INJURIES	TREATMENT PLAN	PDF REF
1	11/05/2022	Low back strain Muscle strain of right lower extremity	Patient will be discharged with plan for Motrin Tylenol for pain, and will be given a prescription for Lidoderm patches. Patient will be recommended to follow-up with her employer's occupational health provider.	25-28
2	11/14/2022	Bilateral breast cysts Chronic pain Acute midline back pain". Genital herpes simplex Intractable episodic headache	Duloxetine (Cymbalta) 60 mg. Vvalacyclovir (Valtrex) 500 mg.	104-107
3	11/30/2022	Status post an elevator malfunctioning	She needs an entire body MRI head neck and back because she has symptoms throughout her body and this needs to be fully investigated.	108-110
4	12/02/2022	Status post elevator accident Trapezius spasm	Advised light, massage, heat, Tylenol Discussed with her she needs to follow up with Neuro to better assess her symptoms I did review her head, neck and lumbar MRI. Advised her not to drive.	110-112
	12/09/2022	Intractable episodic headache	Ibuprofen 800, lido ointment, Duloxetine 60, Gabapentin PRN. Amitriptyline (Elavil) 10 mg.	118-120
	12/14/2022	Status post elevator accident 1 month prior with concussive-like syndrome	Plan for generalized labs, HCG, assess for electrolyte abnormalities and overt organ failure Plan for neurology consult	122-126
	12/14/2022	Constant room-spinning dizziness for the past week in the setting of a concussive-like event	continue Zofran PRN per primary team for nausea increase amitriptyline to 25mg at bedtime follow up in TBI clinic	127-133
	01/11/2023	Post-concussion syndrome	Follow-up 1 month	141-142
	02/10/2023	Post-concussion syndrome Macrocytosis	Continued follow up with OT and neuro Unclear time course for patient's recovery FMLA forms filled out and returned to patient At this time patient is unable to return to work.	153-155
	02/22/2023	Post-concussion syndrome. Vestibular dizziness. Chronic daily headache Macrocytosis	Plan to refer to ENT for further vestibular assessment. Patient to discontinue Meclizine and start Zyrtec 10mg daily for dizziness and vertigo. Continue Amitriptyline 25mg HS	164-165

	12/05/2022-05/04/2023	<p>Acute midline back pain</p> <p>Major depressive disorder, recurrent episode, moderate</p> <p>Chronic tension-type headache, intractable</p> <p>Migraine without aura and without status migrainosus, not intractable</p> <p>Chronic pain</p> <p>Stressful job</p> <p>Work related injury</p> <p>Anxiety state</p> <p>Post-concussion syndrome</p>	<p>Therapeutic activity, manual therapy. neuromuscular re-education. therapeutic exercises, self-care/home management, hot/cold packs.</p>	<p>1285-1292, 1257-1267, 1209-1216, 133-141, 1194-1208, 1170-1177, 1157-1165, 155-158, 161-167, 1192-949-951, 1194, 177-182, 186-189, 191-194, 960-967, 905-923, 927-938</p>
	11/15/2022-05/08/2023	<p>Acute traumatic stress disorder</p> <p>Post-traumatic stress disorder</p>	<p>Psychotherapy</p>	<p>1718-1723</p>
	05/15/2023	<p>Dizziness</p> <p>Post-concussion syndrome</p> <p>Tendency to fall</p> <p>Jaw clicking</p> <p>History of migraine</p> <p>History of major depressive disorder</p> <p>History of anxiety</p> <p>History of headache</p> <p>History of fibromyalgia</p>	<p>Refrain from taking sedative medications, including meclizine and clonazepam, and alcohol for 2 days prior to tests</p> <p>Continue vestibular rehabilitation therapy</p> <p>Follow up with me after complete vestibular function tests</p> <p>Send letter to primary care provider and Dr. Tosches in Neurology.</p>	<p>880-898</p>
	05/24/2023	<p>Concussion sequela</p> <p>Dizziness and vertigo</p>	<p>Trial of diclofenac bid for arthritic neck pain. Tizanidine 2mg tid for muscle tension headaches.</p> <p>Recommended to have complete vestibular function testing by ENT.</p> <p>Meds reviewed with patient.</p> <p>Follow up 2 months</p>	<p>871-876</p>
	02/08/2023-06/27/2023	<p>Impaired instrumental activities of daily living</p>	<p>Therapeutic activity, therapeutic exercises, manual therapy, gait training therapy, neuromuscular re-education, self-care/home management, electrical stimulation, ultrasound therapy, hot/cold packs.</p>	<p>159-161, 860-870, 857-860, 968-976, 170-177, 182-186, 977-985, 939-945, 952-959, 834-839</p>
	07/10/2023	<p>Fast saccadic movements (not nystagmus)</p>	<p>Follow-up with ORL</p>	<p>799-810</p>
	07/11/2023	<p>TBI and central vestibulopathy</p>	<p>She will discuss with vestibular rehab</p> <p>Patient has a follow up with a new Neurologist next week.</p> <p>They might consider changing medicines or increasing frequency of Klonopin or possibly trying Tegretol etol if more OD a neuropathy or some other medication.</p>	<p>778-79</p>
	09/01/2023	<p>Difficulty cooking, doing her own laundry and taking her child to school.</p> <p>Dizziness and frequent fatigue.</p>	<p>She should be encouraged to use memory aids on a daily basis and to break tasks down into meaningful units to reduce the amount of stress experienced in complex tasks.</p>	<p>700-710</p>
	10/23/2023	<p>Post-concussion syndrome</p> <p>Rash</p> <p>Elevated blood-pressure reading without diagnosis of hypertension</p> <p>Sore throat</p> <p>Need for vaccination</p>	<p>Await neuro psych evaluation.</p> <p>AMB e-Consult to Derm (Immed Avail- 72 Hr Response)</p> <p>Advised will continue to follow</p> <p>Influenza vaccine (Fluzone QUAD MDV) intramuscular injection (0.5 mL dose. 3 years and older)</p>	<p>659-667</p>

	08/16/2023-12/01/2023	Joint disorder Chronic pain Post-concussion syndrome Muscle tension headache	Therapeutic activity, therapeutic exercises, manual therapy, gait training therapy, neuromuscular re-education, self-care/home management, electrical stimulation, ultrasound therapy, hot/cold packs.	586-594, 668-680, 711-718, 568-580, 692-699, 651-658, 599-607
	02/14/2024	Chronic tension-type headache, intractable Post-concussion syndrome Elevated blood-pressure reading without diagnosis of hypertension Encounter for screening for malignant neoplasm of breast	Continue lifestyle changes and stress reduction Comprehensive Metabolic Panel HIV-1/2 AG/AB Initial Screening	472-491
	02/21/2024	Post concussive syndrome	Recommend psych. Patient gets that care OSH Discussed physical and mental rest at length Discussed modification of activities to reduce exacerbation of symptoms Report any worsening symptoms Continue PRN Advil or Tylenol Recommend melatonin 1mg at bedtimes	1610-1620
	03/01/2024	Myalgias and diffuse stiffness	Check SSA/SSB Agree with continuing Cymbalta and amitriptyline which may help with both mood and pain symptoms Encourage regular low-impact exercise Reassurance provided with regard to mild inflammatory marker elevations Return to clinic on an as-needed basis	430-459
	03/29/2024	Neck, shoulder, and back pain	Trial of physical therapy within the last six month At home physician directed exercise program for six weeks within last six months has not been successful and patient pain continues to affect daily life activities despite such exercises. Ice, heat, pain medications including NSAIDS and acetaminophen, muscle relaxers, and neuropathic pain agents	390-400
	04/30/2024	Bilateral greater and lesser occipital neuralgia, myofascial pain syndrome cervical	Bilateral greater and lesser occipital nerve blocks Trigger point injections bilateral trapezius muscle.	328
	07/05/2024	Chronic neck pain and occipital headaches	Patient has agreed to at-home exercise plan and continues program as directed. Plan for bilateral occipital nerve blocks and bilateral trapezius trigger point injections.	271-280
	04/02/2024-08/08/2024	Cervicogenic dysfunction Photosensitivity Motion sensitivity Impaired balance ADL, balance, endurance, gait, gaze stability, pain and associated symptoms, strength, ROM Vertigo Displaced otoconia	Gait training, neuromuscular re-education, patient/caregiver education, therapeutic activities, therapeutic exercise, vestibular training: compensation, adaptation, habituation, canalith repositioning as needed	1471-1477, 1484-1490, 1529-1540, 1507-1513, 1498-1504, 1466

	12/13/2023-08/15/2024	Cognitive communication disorder Post concussive syndrome	Evaluation of speech sound production (eg, articulation, phonological process, apraxia, dysarthria), with evaluation of language comprehension and expression (eg, receptive and expressive language)	1451-1456, 1458-1465, 1467-1470, 1478, 1481-1482, 1491-1497, 1505, 1514-1528, 1541-1548, 1551-1557, 1570-1609, 1624-1668
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