

Pt Name: Sam

Referral source: DA

PMH: unremarkable

FHx: joint problems (unspecified)

SHx: occasional ETOH use (socially), no cigarette use

Medication list: vitamin C, Tylenol (PRN), and birth control contraceptive

Home: lives alone and has 3 STE.

HPI: Pt is a 33 y.o female who presents to physical therapy w/ CC of low back pain. Pt states that she went camping on weekend of 10/16/2020 and experienced LBP post sleeping on pad on ground and while kneeling activities. To mitigate pain, pt states that she utilizes general stretching of the lower back, Tylenol, and a supportive mattress. Pt states she normally "just lives with it". She also states that she lives a sedentary life style w/ occasional (once a week) physical activity and utilizes a supportive office chair throughout her day.

Pain: initial pain as sharp, however now a dull ache, rating 2/10 and worst as 4/10 when bending over and carrying groceries upstairs.

Goals: returning to gardening, washing dog, and being able to bend forward pain free.

Signed: Clayton Harrington, SPT

rate the session as a 7/10

Positives: flow, gained rapport w/ patient, asked appropriate questions

Needs work: specific information needed on home environment, and more specific information on HPI such as specific location, what movements improve and make symptoms worse

Pt Name: Chris

Referral source: DA

PMH: unremarkable – occasion non-specific/significant sport related injuries

FHx: HTN, CA (paternal) – type not provided

SHx: occasional/seldom ETOH use (socially), no cigarette or recreational drug use

Occu: Software Engineer; 8 – 22 hour days, 45 hrs/wk,

Medication list: none

Home: single story home; 3 STE

HPI: Pt is a 34 y.o male who presents to physical therapy today w/ chief complaint of right elbow pain (dominant UE) w/ initial onset of pain 5-6 mo prior, no pain rating provided during onset. This is especially evident w/ twisting, lifting, sleeping on right side, and prolonged use of computer mouse. Pt states ability to mitigate pain w/ thermal modalities (hot pack) and w/ rest. Pt voices that the pain has had a negative impact on his vocational activities of prolonged use of his mouse, however ADLs are not as affected. Pt also states that although he lives a sedentary lifestyle, his pain has limited hobbies such as recreational strength training and use of 3-D printer during the weekends

Pain: Pt presents w/ 0/10 pain at rest this date, however states pain does increase w/ activity and poor prolonged positioning, described as a burning “nerve” pain outside his right elbow, medial or lateral not stated (4/10 at worst).

Goals: returning to recreational and work activities referenced above w/o worry of pain.

Signed: Clayton Harrington, SPT

Rated 8/10

Positives: did well communicating, improved on specific questioning, flow remained consistent, gain rapport from patient

Needs work: more info needed on specific limitations and movements what movements seem to improve and make symptoms worse

S portion of note revised

Pt Name: Sam Sessions

Referral source: DA

PMH: unremarkable

FHx: joint problems (unspecified) – Paternal

SHx: occasional ETOH use (socially), no cigarette use or recreational drug use

Medication list: vitamin C, Tylenol (PRN), and birth control contraceptive

Home: lives alone and has single story home 3 STE. Has 2 dogs and family/friends live close by for assistance if needed.

HPI: Pt is a 33 y.o female who presents to physical therapy w/ CC of low back pain. Pt states that she went camping on weekend of 10/16/2020 and experienced LBP post sleeping on pad on ground and during kneeling activities. To mitigate pain, pt states that she utilizes general stretching of the lower back, Tylenol, and a supportive mattress. Pt states she normally “just lives with it”. She also states that she lives a sedentary life style w/ occasional (once a week) physical activity and utilizes a supportive office chair throughout her day.

Pain: initial pain as sharp, however now a dull ache, currently rating 2/10 and worst as 4/10 when bending over and carrying groceries upstairs. Pt did not specify what the best pain level would be or if pain ever is ever completely mitigated.

Goals: returning to gardening, washing dog, and being able to bend forward pain free.

Signed: Clayton Harrington, SPT

Pt Name: Chris Jackson

Referral source: DA

PMH: unremarkable – occasion non-specific/significant sport related injuries

FHx: HTN, CA (paternal) – type not provided

SHx: occasional/seldom ETOH use (socially), no cigarette or recreational drug use

Occu: Software Engineer; 8 – 22 hour days, 45 hrs/wk,

Medication list: none

Home: single story home w/ 3 STE; pt lives w/ fiancé who is able to care and assist PRN

HPI: Pt is a 34 y.o male who presents to physical therapy today w/ chief complaint of right elbow pain (dominant UE) w/ initial onset of pain 5-6 mo prior, no pain rating provided during onset. This is especially evident w/ twisting, lifting, sleeping on right side, and prolonged use of computer mouse. Pt states ability to mitigate pain w/ thermal modalities (hot pack) and w/ rest. Pt voices that the pain has had a negative impact on his vocational activities of prolonged use of his mouse, however ADLs are not as affected. Pt also states that although he lives a sedentary lifestyle, his pain has limited hobbies such as recreational strength training and use of 3-D printer during the weekends

Pain: Pt presents w/ 0/10 pain at rest this date, however states pain does increase w/ activity and poor prolonged positioning, described as a burning “nerve” pain outside his right elbow, medial or lateral not stated (4/10 at worst).

Goals: returning to recreational and work activities referenced above w/o worry of pain.

Signed: Clayton Harrington, SPT