

Chart Notes

John Doe

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Patient: Doe, John E	DOB: 1/1/1973	
Ins Co	Pol #	Insured
Date 01/13/2016		
Provider Matthew C. Kirkham, DC, CCSP		

Subjective:

John was generally asymptomatic today other than the typical tensions caused by stresses from activities of daily living. He did report some mild tension in the lumbo-sacral spine regions. He mostly returned to be examined and treated for subluxations that might be sub-threshold of symptoms, maintain and continue his progress toward maximally improved neuro-spinal health and improve his overall health and well-being. He denied having any significant accidents or injuries since the last visit, or any change in his overall health status.

Objective:

The patient presented with objective findings that have not changed since the last visit and are consistent with stresses from daily activities and life in general. There is noted mild muscle tension in the lumbo-sacral spine regions. Segmental dysfunctions (subluxations) with restricted mobility were apparent at L5 and were adjusted without incident. The mobility and point tenderness was immediately improved somewhat in the segmental levels post adjustment. **CHIROPRACTIC MAINTENANCE/WELLNESS VISIT:** A chiropractic check-up and adjustment [S8990] was performed today for maintenance on areas of above-noted segmental dysfunctions (subluxations).

Assessment:

The patient's clinical status is stable, without expectation of additional significant objective clinical improvements. He is currently under maintenance and/or wellness care. Irregardless of any current symptoms, John has reached the point of maximum therapeutic benefit (MTB) although temporary flare-ups and exacerbations are expected with accumulated daily activities. The goals of care are to restore and/or maintain the level of stability he has previously achieved under active care, attempt to prevent regression, promote health and wellness, and enhance his quality of life. The patient tolerated the treatment well and reported that he felt much better and increased range of motion following the treatment.

Plan:

Because John has reached maximum therapeutic benefit (MTB) there is no established treatment plan for his care at this time. I have recommended he return on an "as needed" basis with a maximum absence of 3 months for preventive and/or maintenance/supportive care. However, I did inform John that this is elective and if at any time he had any significant change in his health status or experienced any significant relapse or exacerbation then he is to return for consultation and exam as soon as possible at which time a new active treatment plan may be necessary.

- Diagnosis**
- Z00.00: Encounter for general health check-up
 - M99.03: Lumbar segmental/somatic dysfunction
 - M99.02: Thoracic segmental/somatic dysfunction
 - M99.01: Cervical segmental/somatic dysfunction

Provider Signature X

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