



# The Anatomy of a Routine Office Visit (ROV) Note with Therapeutic Procedures

Routine visit documentation portrays the progress, or lack thereof, of a patient under care. Certain elements are required for proper documentation of the clinical appropriateness of care. Additional elements represent the medical necessity of care and depict its worthiness for third-party reimbursement. This example shows a routine visit note that includes both adjusting and the performance of manual therapies during the visit as well as the detail required for the note.

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**Daily Encounter:** treatment for acute/active care on **visit 3** out of a projected 8 visits.

- **Chief Complaint:** Reports aching discomfort over the **right lateral pelvis and above the greater trochanter** that **has markedly improved and reports that climbing stairs and sleeping on the right side has become easier because of less pain since the last visit. Patient states she was able to climb multiple flights of stairs today with minimal discomfort.**
- **Pain Scale:** 2/10 reported using Verbal or Visual Analog Scale

- Visit number is clearly indicated
- Location and spinal region is clear
- Changes in function since last visit are clear
- Patient specific functional notes included

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### Daily Objective Findings:

- Spinal Restriction(s)/Subluxation(s): **L4/L5 right lateral flexion and extension**
- Pain/Tenderness: right gluteus medius and minimus
- Postural Analysis: left pelvic drop during gait
- Soft Tissue Findings: trigger point formation and myofascial restriction **right gluteus medius and minimus**
- ROM Concern(s): no loss of AROM or PROM of lumbar spine or right hip

- Spinal restrictions match segments adjusted
- Soft tissue findings match areas treated

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### Daily Assessment:

**Ann is showing improvement and treatment will continue as ordered in the treatment plan from 10/20/2020 as necessary in order to reach the functional goal of climbing stairs and sleeping without any disturbance.**

- Daily assessment is personalized and patient specific

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### Today's Treatment:

#### Primary Treatment:

- **Diversified/Side Posture** - Chiropractic Manipulative Treatment (CMT) applied to **L4/L5 spinal levels**

**Supportive Therapy:** To optimize treatment effectiveness the following therapy(s) were performed today:

- **Therapeutic Exercise (97110):** Consisting of **clam shell variations** with and without **band resistance** for **6 sets/6 reps-8 minutes**
- **Manual Therapy (97140):** **ischemic compression** utilized to reduce trigger point formation right gluteus medius and minimus; **myofascial release** utilized to reduce myofascial restriction right gluteus medius and minimus **16 minutes**

**24 total minutes**

- Specific segments adjusted are noted
- Chiropractic technique clearly indicated
- Specific exercises and manual techniques are documented
- Individual and total time is documented