



The Anatomy of a Wellness Encounter Treatment Note

For true wellness visits, those where the patient is asymptomatic, documentation guidelines are minimal. Therefore, we must default back to documentation guidance to meet the standard of care, state board, and malpractice guidelines. All treatment, whether active or maintenance care, must be recorded in the patient’s clinical record. This example shows the basic requirements of a non-active, wellness encounter’s treatment note. Always ensure documentation meets the State Board requirements and malpractice carrier guidelines for risk management.

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Daily Encounter:

- **Wellness Encounter:** Jenny was asymptomatic today and returned to be examined and, if indicated, adjusted for subluxations. Jenny currently has no functional deficits or restrictions in her activities of daily living.

- Reason for the visit is clearly established
- Statement to indicate no complaint or asymptomatic as reported by patient
- Brief notation of the patient’s lack of functional deficits is noted

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Daily Objective Findings:

- Spinal Restriction(s)/Subluxation(s): C2, C6, L4, and right ilium
- Postural Analysis: right short leg, mild anterior head carriage
- Tissue Tone Change(s): mild tightness on the right side of the neck and lumbar region

- Objective findings clear for all spinal regions being treated

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Daily Assessment:

- **Current Status:** Wellness care for subluxation correction to maintain and improve neuro-spinal integrity, overall health, and general wellbeing.

Diagnosis: (M99.01) Cervical Subluxation, (M99.03) Lumbar Subluxation, (M99.05) Pelvic Subluxation.

- Minimal assessment due to the nature of the patient presentation
- Basic diagnosis is expected for wellness visits and patient receipt

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Today’s Treatment:

Primary Treatment: Diversified, Drop Table - Chiropractic Manipulative Treatment (CMT) to the right C2, right C6, L4 and right ilium spinal levels.

Advised

- Tx Effect: Treatment rendered without incident
- Next Visit: continue with monthly treatment plan

- Chiropractic technique clearly indicated
- Specific segments adjusted are noted
- Basic information to demonstrate patient management