



# The Anatomy of a Subsequent Routine Office Visit (ROV) Episodic Care

## Exacerbation and Incorporation of Therapeutic Exercises

In this example, the patient is 9 visits into a 20-visit treatment plan and has suffered an exacerbation and small setback. At this point, the provider has decided to incorporate therapeutic exercises to complete both in the office and with home exercise instruction. Only the Assessment and Plan portion are here for example. As illustrated, a full Evaluation and Management (E/M) service was not performed, but the addition to the treatment plan to add exercises is clearly explained and demonstrated.

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### Assessment:

Patient has suffered a mild exacerbation of both neck and lower back pain due to increased lifting. Treatment plan will be altered to add therapeutic exercises to the existing plan, based on today's findings.

- Assessment outlines mild exacerbation and indicates change in treatment plan.

### Plan:

#### Today's Treatment:

**Addition to treatment plan:** Based on the patient's exacerbation, we're adding therapeutic exercises to include isometric stretching exercises for the neck and range of motion exercises to for the lower back. These will be completed in the office, and when the patient is able, transferred to home exercise protocol to be continued on her own. Frequency and duration to begin at 3X/week with her routine appointments and tapered as clinically warranted. Short term goal is to increase flexibility to be able to bend to lift grandchildren with pain of 3/10 or less and to improve sleeping to 5 hours without awakening due to pain. Improve lumbar ROM by 30% within 3 weeks.

- Addition of therapeutic exercises clarified in treatment plan

- Additional components of treatment plan requirements are listed here to include frequency, duration, and short term goals.

#### Primary Treatment:

- Diversified- Chiropractic Manipulative Treatment (CMT) to the C3, C4, C5, left T1, L2, L3, L4, right L5, right sacrum and right pelvis spinal level(s).
- Compensatory adjustment(s) at level(s): T5, T6

- Individual treatment times are noted

#### Supportive Therapy

- **As per treatment plan - Ultrasound with contact medium applied** to posterior cervical (neck) region(s) for 10 minutes at a setting of Continuous 100% and at 1.0 W/cm<sup>2</sup>. Also applied over right rhomboid muscles.
- **As per treatment plan - EMS attended** low volt EMS applied to lumbar, left and right sacroiliac region(s) for 8 minutes.

- Specific exercises are listed with details

#### Additional Therapy

- **Attended lumbar ROM exercises**-3 sets of 10 each - 10 minutes.
- **Knee/chest stretching and strengthening** -2 sets of 8 each - 10 minutes -20 total minutes

- Total treatment time for all attended therapies is clearly indicated

#### Total therapy time: 38 minutes

- Next Visit: Patient instructed to come Friday for an extra visit before the weekend.