



The Anatomy of a CMT Routine Office Visit Note

Third-party payers, including Medicare, expect to see certain details in the daily visit note when Chiropractic Manipulative Treatment (CMT) is performed. This example outlines the patient-specific elements that properly document the story of your patient’s journey through active treatment.

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Subjective:

Daily Encounter: treatment for acute/active care on **visit #3** of a projected 20 visits

- **Chief Complaint:** Reports deep, aching, stiffness type discomfort in the **center of the back of the neck**; this complaint has generally **improved about 10% since the last visit**. The patient reported, **"the relief lasted quite a while"**. Sleeping has not improved yet as **she was still awakened about every two hours**.
 - **Pain Scale:** 5/10 reported using Verbal or Visual Analog Scale
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- **Complaint #2:** Reports dull aching type discomfort in the **left and right side of the lower back and buttock**. The patient did complete the ROM exercises as instructed. **Feels about the same as last visit** in the lower back, generally throughout the day, **but sitting has worsened even more since the last visit, especially in the car**.
 - **Pain Scale:** 6/10 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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Objective:

Daily Objective Findings:

- Spinal Restriction(s)/Subluxation(s): **left C3, C4, right C5, L3, L4, right L5, right sacrum and right pelvis**
- **Compensatory/Incidental Subluxations:** T5, T6
- Pain/Tenderness: cervical, cervico-thoracic, upper thoracic, lower lumbar and lumbo-sacral
- Postural Analysis: **short left leg (pelvic deficiency)**, head rotation left, high right shoulder, thoracic hyper-kyphosis and high left hip
- Muscle Spasm(s): hypertonic **posterior cervical (neck), left trapezius, upper thoracic, right posterior trapezius, mid thoracic, lumbar and left buttock**
- ROM Concern(s): **cervical extension, lumbar right rotation and lumbar right lateral flexion** moderately reduced with pain.

- Objective findings clear for all spinal regions being treated
- Incidental subluxations not related to the complaints are noted
- PART is clearly indicated for all regions being treated

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Assessment:

In the **early phase of treatment**, progress expected as plan progresses; **slight worsening of pain after first adjustment** is within normal limits and should subside as treatment continues.

Plan:

Today’s Treatment:

Primary Treatment:

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

Supportive Therapy

- **Hot Pack:** hot moist pack applied to posterior cervical (neck) and lumbar regions for **8 minutes**.
- **Ultrasound with contact medium** applied to posterior cervical (neck) region for **10 minutes** at a setting of continuous 100% and at 1.0 W/cm2.
- **Low volt EMS, unattended** applied to lumbar, left and right sacroiliac regions for **8 minutes**.

Advised

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

- Daily assessment is personalized and patient specific

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- Chiropractic technique clearly indicated
- Specific segments adjusted are noted
- Compensatory segments addressed are noted separately
- Ancillary services are clearly indicated, with location and details
- Time is documented for all therapies