



The Anatomy of a Routine Office Visit Plan

The plan portion of a routine office visit (ROV) within an episode of care is very straightforward. It should contain the services performed that day, location of chiropractic treatment, and time listed for therapy services. If the plan changes from the treatment plan set forth at the beginning of the episode, note changes within the ROV daily plan, like the example below.

- 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

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

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 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.

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

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/cm2. 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.

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 therapy time: 38 minutes

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

- 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.
- Specific segments adjusted are noted
- Compensatory segments addressed are noted separately
- Ancillary services are clearly indicated, with location and details
- Individual treatment times are noted
- Specific exercises are listed
- Total treatment time for all attended therapies is clearly indicated