

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/17/2017

Provider Dr. Jacob Young

Subjective:

Ms. Mckenzie Feldman entered the office today for complaint(s) resulting from a automobile vs. automobile incident having completed the patient intake questionnaire. The questionnaire was reviewed and annotated by the examining provider as needed. The completed questionnaire is in the patient's permanent digital file and available for review. She signed consent for evaluation and possible treatment of injuries sustained as the result of the accident that occurred on or about 07/31/2017.

Mechanism of Injury:

Mckenzie was positioned as driver of the vehicle, and when questioned about wearing seatbelts, she replied she was restrained. An air bag did deploy. Mckenzie reports that she was looking ahead, but cannot be certain at the time of the impact. Mckenzie did strike left side of head against the window. Patient related she did receive a head injury and did not lose consciousness.

The patient's vehicle impact location was on the rear right side. The patient's vehicle movement was moving forward. Estimated speed of patient's vehicle was moving at a moderate speed (between 25 and 40 MPH). The damage assessment of the patient's vehicle was totaled. The other vehicle's movement was described as moving forward with an estimated speed noted as moving at an increased speed (40 and 65 MPH). Estimated damage assessment of the other vehicle was heavy visible damage. The patient's vehicle was towed from the scene.

Police did arrive at the scene and an accident report was completed. EMS was not at the scene. Mckenzie was driven to hospital from the scene and the following has occurred: examined but not treated since accident. Patient complains at the time of the accident she felt aching, heavy, intolerable, "shock like", stabbing, "stiffness", throbbing, "tightness" and tingling at the head, neck and central mid back and supplemental complaints of anxiety, disbelief, dizziness, facial pain, headaches, muscle spasm, numbness and tingling, shock, sleeping difficulty, sore, soreness, stress, stunned, tightness and upset. Mckenzie states that since the date of the accident the overall condition and complaints have deteriorated daily functioning at work/home.

Objective:

EXAMINATION:

- Age/Gender/DOB: 21, Female, born 11/22/1995

Constitutional: average build, clean/neat, well-dressed and well-groomed

- Vital Signs:

Height: 67 Weight: 160 lbs. Pulse: 100 bpm. BP: 111/72, mm/Hg right arm.

- Appearance: in pain, antalgic, visibly uncomfortable and has difficulty changing positions, must hold neck for support while moving or bending

Ortho-Cervical Compression performed bilaterally. Patient indicated pain that was moderate on the left and right (equal) at the sub-occipital, C2/C3, C3/C4, C4/C5, C5/C6, C6/C7 and C7/T1 with radiation.

Ortho-Maximum Foramina Compression performed bilaterally. Patient indicated pain that was moderate on the left and right (equal) at the sub-occipital, C2/C3, C3/C4, C4/C5, C5/C6, C6/C7 and C7/T1 with radiation.

Ortho-Jackson Foraminal Compression performed bilaterally. Patient indicated segmental level pain that was severe on the left and right (equal) at the sub-occipital, C2/C3, C3/C4, C4/C5, C5/C6, C6/C7 and C7/T1 with radiation.

Ortho-Shoulder Depression performed bilaterally. Patient indicated pain that was severe on the left and right, greater on the right at the sub-occipital, C2/C3, C3/C4, C4/C5, C5/C6, C6/C7 and C7/T1 with local pain that radiates.

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Ortho-Distraction Test performed, patient indicated severe increase of para-spinal soft tissue pain left and right, greater on the right the sub-occipital, C2/C3, C3/C4, C4/C5, C5/C6, C6/C7 and C7/T1.

Ortho-Soto Hall Test performed. Patient indicated pain that was severe in the center, greater on the right at the upper cervical spine, mid-cervical spine, lower cervical spine, cervico-thoracic spine and thoracic spine with radiation.

Ortho-Straight Leg Raiser Test performed. Patient indicated no pain bilaterally.

Ortho-Slump's test performed bilaterally. Patient indicated no pain. **Ortho-Bechterew's** test performed. Patient indicated no pain bilaterally.

Ortho-Kemp's Test performed. Patient indicated no pain bilaterally.

Ortho-Double Leg Raiser Test performed. Patient indicated severe pain on the left and right (equal) lumbo-sacral joint and cervical/thoracic spine at 10 degrees.

Ortho-Ely's Test performed bilaterally. Patient indicated moderate pain on the right lumbo-sacral area and sacro-iliac joint.

Ortho-Iliac Compression Test performed bilaterally. Patient indicated increased S.I. joint pain that was moderate on the left and right, greater on the right.

Ortho-Nachlas' Test performed bilaterally. Patient indicated moderate pain on the right lumbo-sacral area and sacro-iliac joint.

Ortho-Yeoman's test performed bilaterally. Patient indicated increased pain in the S.I. joint that was severe on the right.

Ortho-Hibb's Test was performed bilaterally. Patient complained of moderate pain at the right hip joint.

Ortho-Supraspinatus test performed. Patient indicated increased pain in the shoulder joint that was severe on the Pronation. Pain or weakness is significant for supraspinatus tendinitis.

Neuro-Cranial Nerves: I to XII were examined revealing normal function to the following: I through XII.

Neuro-Deep Tendon Reflexes (normal 2+):

- *Biceps* Left 2+, Right 2+,
- *Triceps* Left 2+, Right 2+,
- *Brachioradialis* Left 2+, Right 2+,
- *Patellar* Left brisker than average (possible problem), Right brisker than average (possible problem),

- *Achilles* Left 2+, Right 2+,

Neuro-Upper extremity resistive isometric motor testing (normal 5/5):

- Shoulder Elevation: Left: 4 / 5 Right: 4 / 5.
- Deltoid: Left: 4 / 5 Right: 4 / 5
- Biceps: Left: 5 / 5 Right: 5 / 5
- Triceps: Left: 5 / 5 Right: 5 / 5
- Wrist Flexors: Left: 5 / 5 Right: 5 / 5
- Wrist Extensors: Left: 5 / 5 Right: 5 / 5
- Finger Extensors: Left: 5 / 5 Right: 5 / 5
- Finger Flexors: Left: 5 / 5 Right: 5 / 5
- Finger Abductors: Left: 5 / 5 Right: 5 / 5
- Palmar Interossei: Left: 5 / 5 Right: 5 / 5

Neuro-Lower extremity resistive isometric motor testing (normal 5/5):

- Iliopsoas: Left: 5 / 5 Right: 5 / 5
- Quadriceps: Left: 5 / 5 Right: 5 / 5
- Anterior Tibialis: Left: 5 / 5 Right: 5 / 5
- Hallucis Longus: Left: 5 / 5 Right: 5 / 5
- Ext Digitorum Longus & Brevis: Left: 5 / 5 Right: 5 / 5
- Gluteus Medius: Left: 5 / 5 Right: 5 / 5

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Musculoskeletal

- *Gait and Station:* normal gait and normal balance

Musculoskeletal

- *Inspection/Percussion +/- Palpation:* anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Postural Analysis:* short right leg (pelvic deficiency), head forward flexed, head rotation right, high left shoulder, lumbar curve to the left and high left hip.

- *Spinal Stability/Restriction(s)/Subluxation(s):* C1, C3, C5, T1, T4, T7, T11, L2, sacrum and right pelvis

- *Extraspinal restrictions/subluxations:* N/A (no other subluxations were noted).

- *Muscle Strength and Tone:* moderate to severe muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, left lumbar, lumbar, right lumbar, left sacroiliac, right sacroiliac and sacral.

Musculoskeletal - Range of Motion - Cervical - Active

- Flexion: 10/60 degrees with pain, stiffness and radiation and severe

- Extension: 10/55 degrees with pain, stiffness and radiation and severe

- Left Lat. Flexion: 10/40 degrees with pain, stiffness and radiation and severe

- Right Lat. Flexion: 10/40 degrees with pain, stiffness and radiation and severe

- Left Rotation: 20/80 degrees with pain, stiffness and radiation and severe

- Right Rotation: 20/80 degrees with pain, stiffness and radiation and severe

Musculoskeletal - Range of Motion - Thoraco-Lumbar - Active

- Flexion: 90/90 degrees with pain in cerv/thor

- Extension: 15/30 degrees with pain in cerv/ thor

- Left Lat. Flexion: 35/35 degrees with pain in cerv/thor

- Right Lat. Flexion: 35/35 degrees with pain in cerv/thor

- Left Rotation: 30/30 degrees with pain in cerv/thor

- Right Rotation: 30/30 degrees with pain in cerv/thor

Radiographs:

- *Rationale:* Based upon the patient's history and examination, radiographs were ordered. As routine procedure the patient confirmed that there were no contraindications to taking radiographs, including but not limited to pregnancy, trying to become pregnant, receiving active radiation therapy, or other contraindication for Xray exposure. The rationale was due to need of structural integrity assessment.

- *Views:* The radiographs were performed in office in the standing (weight bearing) position with the following view(s): Cervical-AP/Lateral, Cervical-OM, Cervical-Extension, Cervical-Forward Flexion, Lumbar-AP and Lumbar-Lateral.

- *Curve Analysis-cervical spine:* curve severe decrease, mild dextroscoliosis and with anterior weight bearing.

- *Curve Analysis-lumbar spine:* curve mild increase.

- *Degenerative Joint Disease:* none detected for areas visualized.

- *Degenerative Disc Disease:* none detected for areas visualized.

- *Cervical Motion studies:* indicate possible transitional and angular motion segment integrity change and demonstrate significant hyperflexion and hyperextension sprain/strain injury with loss of normal coupled motion. Flexion subluxations at C2,3,4, and 6

Extension subluxations at C1,3,5, and 6

Ligament instability viewed at C3

- *Otherwise:* Structures demonstrate size, shape, & density WNL, Negative for recent fractures and

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Negative for gross osteopathology.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of sacral reg

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or

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percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

ROF- Consent: Before treatment was rendered a Report of Findings was presented. I reviewed with Kenzie the condition as I see it, the recommended treatment/schedule, options, relative risks, and financial obligations. All questions were addressed and Kenzie expressed an understanding. At this time an Informed Consent was signed and treatment begins today.

- Advised

- *Tx Effect:* Examination performed without incident
- *Next Visit:* Patient advised continue with treatment plan as scheduled

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Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

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Dr. Jacob Young 08/19/2017 11:47 AM

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Date 08/18/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of continuous sharp, aching and tightness discomfort in the upper back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 7 and indicated that the discomfort occurs approximately 60% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of continuous sharp, aching, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 8 and indicated that the discomfort occurs approximately 60% of the time. She states the discomfort is same since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C3, C5, T1, T4, T7, T11, L2, sacrum and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as severely reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

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sacral reg		

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- **Home/Self Care:** Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Functional Deficit:** Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- **Short Term Tx Goal:** To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- **Long Term Goal:** Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- **Tx Effectiveness:** Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-

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- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C3, C5, T1, T4, T7, T11, L2, sacrum and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 1:15. Exercise completed at 1:23.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 1:23. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 1:48.

- Diagnosis**
- S13.4XXA: Sprain of cervical ligts, initl.
 - M43.6: Torticollis
 - M54.12: Radiculopathy, cervical reg
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Provider Dr. Jacob Young		

Subjective:

Kenzie sought treatment today, complaining of intermittent sharp, aching, burning, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 7 and indicated that the discomfort occurs approximately 50% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of intermittent sharp, aching, burning, tightness and throbbing discomfort in the upper back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 7 and indicated that the discomfort occurs approximately 40% of the time. She states the discomfort is same since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C3, C5, T1, T4, T7, T11, L2, sacrum and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 08/21/2017		
Provider Dr. Jacob Young		*** continued from previous page ***
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
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Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

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Date 08/21/2017

Provider Dr. Jacob Young

*** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C3, C5, T1, T4, T7, T11, L2, sacrum and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:13. Exercise completed at 3:21.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:21. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:36.

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

Chart Notes

Kenzie Feldman

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Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

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Date 08/21/2017

Provider Dr. Jacob Young

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Dr. Jacob Young 08/21/2017 04:33 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/23/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of intermittent dull, aching, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 40% of the time. She states the discomfort is better since her last visit.

Kenzie also complained of intermittent dull, aching, tightness and throbbing discomfort in the lower back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 4 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is better since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C3, C5, T1, T4, T7, T11, L2, sacrum and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

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401 S. Gilbert St.
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Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 08/23/2017		
Provider Dr. Jacob Young		*** continued from previous page ***
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/23/2017

Provider Dr. Jacob Young

*** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C3, C5, T1, T4, T7, T11, L2, sacrum and right pelvis spinal level(s). ---

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 2:56. Exercise completed at 3:04.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:04. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:19.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 08/23/2017

Provider Dr. Jacob Young

***** continued from previous page *****

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

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Dr. Jacob Young 09/21/2017 10:56 AM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/24/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of intermittent sharp, dull, aching, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 40% of the time. She states the discomfort is better since her last visit.

Kenzie also complained of intermittent dull, aching, and tightness discomfort in the mid back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 40% of the time. She states the discomfort is better since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T4, T8, L4 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

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Patient: Feldman, Mckenzie	DOB: 11/22/1995	
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Date 08/24/2017

Provider Dr. Jacob Young *** continued from previous page ***
sacral reg

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

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Patient: Feldman, Mckenzie	DOB: 11/22/1995	
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Provider Dr. Jacob Young *** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T4, T8, L4 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:09. Exercise completed at 3:17.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:17. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:32.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.
- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 08/24/2017

Provider Dr. Jacob Young

***** continued from previous page *****

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

Electronically Signed



Dr. Jacob Young 08/24/2017 03:47 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/28/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of continuous dull, aching, burning, tightness, throbbing and tingling discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 60% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of continuous dull, aching, burning, and tightness discomfort in the mid back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 4 and indicated that the discomfort occurs approximately 60% of the time. She states the discomfort is same since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C2, C6, T4, T9, L3, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 08/28/2017		
Provider Dr. Jacob Young		*** continued from previous page ***
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/28/2017

Provider Dr. Jacob Young

*** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C2, C6, T4, T9, L3, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:35. Exercise completed at 3:43.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:43. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:58.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 08/28/2017

Provider Dr. Jacob Young

***** continued from previous page *****

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

Electronically Signed



Dr. Jacob Young 08/28/2017 06:07 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/30/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of continuous aching, tightness, throbbing and tingling discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 50% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of continuous aching and tightness discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 50% of the time. She states the discomfort is same since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T6, T9, L2, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 08/30/2017		
Provider Dr. Jacob Young		*** continued from previous page ***
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/30/2017

Provider Dr. Jacob Young

*** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T6, T9, L2, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:35. Exercise completed at 3:43.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:43. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:58.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 08/30/2017

Provider Dr. Jacob Young

***** continued from previous page *****

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

Electronically Signed



Dr. Jacob Young 08/30/2017 05:12 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/31/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of frequent aching, burning, tightness, throbbing and tingling discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 6 and indicated that the discomfort occurs approximately 50% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of frequent aching, burning, tightness, throbbing and tingling discomfort in the mid back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 6 and indicated that the discomfort occurs approximately 50% of the time. She states the discomfort is same since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T2, T3, T7, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 08/31/2017		
Provider Dr. Jacob Young	*** continued from previous page ***	
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 08/31/2017

Provider Dr. Jacob Young

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- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T2, T3, T7, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:21. Exercise completed at 3:29.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:29. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:44.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 08/31/2017

Provider Dr. Jacob Young

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Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

Electronically Signed



Dr. Jacob Young 08/31/2017 03:51 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 09/05/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of occasional aching, burning, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 40% of the time. She states the discomfort is better since her last visit.

Kenzie also complained of occasional aching, tightness discomfort in the upper back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 20% of the time. She states the discomfort is better since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T2, T3, T7, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
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Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 09/05/2017

Provider Dr. Jacob Young *** continued from previous page ***
sacral reg

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 09/05/2017

Provider Dr. Jacob Young

*** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T2, T3, T7, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:26. Exercise completed at 3:34.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:35. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:50.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 09/05/2017

Provider Dr. Jacob Young

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Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

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Dr. Jacob Young 09/21/2017 10:59 AM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 09/06/2017		
Provider Dr. Jacob Young		

Subjective:

Kenzie sought treatment today, complaining of intermittent dull, burning, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 4 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is better since her last visit.

Kenzie also complained of intermittent dull, tightness and throbbing discomfort in the low back. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is better since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s):* C1, C6, T1, T2, T8, L4, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations:* -- -- -- .
- *Pain/Tenderness:* upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis:* short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s):* moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s):* entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 09/06/2017		
Provider Dr. Jacob Young		*** continued from previous page ***
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 09/06/2017

Provider Dr. Jacob Young *** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T1, T2, T8, L4, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:19. Exercise completed at 3:27.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:27. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:42.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.
- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 09/06/2017

Provider Dr. Jacob Young

***** continued from previous page *****

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

Electronically Signed



Dr. Jacob Young 09/06/2017 04:11 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 09/07/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of intermittent dull, aching, burning, numbing, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 4 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of intermittent dull, aching, tightness and throbbing discomfort in the mid back. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 2 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is same since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C3, C6, T4, T8, L2, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 09/07/2017		
Provider Dr. Jacob Young		*** continued from previous page ***
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

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Phone: (319) 337-6000
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Patient: Feldman, Mckenzie

DOB: 11/22/1995

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Date 09/07/2017

Provider Dr. Jacob Young

*** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C3, C6, T4, T8, L2, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 12:38. Exercise completed at 12:46.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 12:46. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 1:01.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

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401 S. Gilbert St.
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Provider Dr. Jacob Young

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Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

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Dr. Jacob Young 09/07/2017 03:31 PM

Chart Notes

Kenzie Feldman

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401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 09/11/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of occasional dull, aching, burning, tightness and throbbing discomfort in the back of the neck. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is better since her last visit.

Kenzie also complained of occasional dull, aching, tightness and throbbing discomfort in the mid back. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is better since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T1, T4, T8, L2, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as moderately reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie is of good health and is expected to make good progress and recovery with few residuals. She has no complicating factors and no noted contraindications to chiropractic care. Based on her history and examination, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available I have diagnosed Kenzie Feldman with: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of

Chart Notes

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Patient: Feldman, Mckenzie	DOB: 11/22/1995	
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Provider Dr. Jacob Young		*** continued from previous page ***
sacral reg		

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

Chart Notes

Kenzie Feldman

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Date 09/11/2017

Provider Dr. Jacob Young

*** continued from previous page ***

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T1, T4, T8, L2, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:18. Exercise completed at 3:26.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:26. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:41.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

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401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
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Date 09/11/2017

Provider Dr. Jacob Young

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Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M43.6: Torticollis
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M25.512: Pain in LT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg
M99.04: Seg and somatic dysf of sacral reg

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Dr. Jacob Young 09/11/2017 03:47 PM

Chart Notes

Kenzie Feldman

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401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
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Patient: Feldman, Mckenzie

DOB: 11/22/1995

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Date 09/13/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of intermittent aching and tightness discomfort in the back of the neck. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of intermittent aching and tightness discomfort in the upper back. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is better since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T1, T4, T8, L2, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as mildly reduced with pain noted.

Functional Movement Assessment:

Core Strength Tests: 2/4

Core Flexibility Test: 3/4

Constitutional - Vital Signs:

Height: 67in. Weight: 160 lbs. Pulse: 110 bpm. BP: 70/88, mm/Hg right arm.

Neuro-Deep Tendon Reflexes (normal 2+):

- *Biceps* Left 2+, Right 2+,
- *Triceps* Left 2+, Right 2+,
- *Brachioradialis* Left 2+, Right 2+,
- *Patellar* Left 2+, Right 2+,
- *Achilles* Left 2+, Right 2+,

Neuro-Upper extremity resistive isometric motor testing (normal 5/5):

- Shoulder Elevation: Left: 4 / 5 Right: 5 / 5.
- Deltoid: Left: 5 / 5 Right: 5 / 5
- Biceps: Left: 5 / 5 Right: 5 / 5
- Triceps: Left: 5 / 5 Right: 5 / 5
- Wrist Flexors: Left: 5 / 5 Right: 5 / 5
- Wrist Extensors: Left: 5 / 5 Right: 5 / 5

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- Finger Extensors: Left: 5 / 5 Right: 5 / 5
- Finger Flexors: Left: 5 / 5 Right: 5 / 5
- Finger Abductors: Left: 5 / 5 Right: 5 / 5
- Palmar Interossei: Left: 5 / 5 Right: 5 / 5

Ortho-Cervical Compression performed bilaterally. Patient indicated pain that was moderate on the left at C5/C6, C6/C7 and C7/T1 without radiation.

Ortho-Maximum Foramina Compression performed bilaterally. Patient indicated pain that was moderate on the left at C5/C6, C6/C7 and C7/T1 without radiation.

Ortho-Shoulder Depression performed. Patient indicated no pain bilaterally.

Ortho-Distracton Test performed, patient indicated relief of segmental level pain .

Ortho-Soto Hall Test performed. Patient indicated pain that was moderate to severe in the center, greater on the left at the mid-cervical spine, lower cervical spine, cervico-thoracic spine and thoracic spine without radiation.

Ortho-Straight Leg Raiser Test performed. Patient indicated no pain bilaterally.

Ortho-Kemp's Test performed. Patient indicated no pain bilaterally.

Ortho-Double Leg Raiser Test performed. Patient indicated moderate pain on the left and right, greater on the left neck at 10 degrees.

Ortho-Ely's Test performed. Patient indicated no pain bilaterally. **Ortho-Iliac Compression Test** performed bilaterally. Patient indicated increased S.I. joint pain that was moderate on the right.

Ortho-Nachlas' Test performed. Patient indicated no pain bilaterally.

Ortho-Yeoman's test performed bilaterally. Patient indicated increased pain in the S.I. joint that was moderate on the right.

Ortho-Hibb's Test was performed bilaterally. Patient complained of moderate pain at the right hip joint. **Musculoskeletal - Range of Motion - Cervical - Active**

- Flexion: 45/60 degrees with pain and with stiffness
- Extension: 45/55 degrees with pain and with stiffness
- Left Lat. Flexion: 35/40 degrees without pain, stiffness or radiation
- Right Lat. Flexion: 25/40 degrees with pain and with stiffness
- Left Rotation: 60/80 degrees with pain and with stiffness
- Right Rotation: 75/80 degrees without pain, stiffness or radiation

Musculoskeletal - Range of Motion - Thoraco-Lumbar - Active

- Flexion: 90/90 degrees without pain, stiffness or radiation
- Extension: 30/30 degrees without pain, stiffness or radiation
- Left Lat. Flexion: 35/35 degrees without pain, stiffness or radiation
- Right Lat. Flexion: 35/35 degrees without pain, stiffness or radiation
- Left Rotation: 30/30 degrees without pain, stiffness or radiation
- Right Rotation: 30/30 degrees without pain, stiffness or radiation

Assessment:

ASSESSMENT:

Kenzie feels the complaint has improved her ability to OTHER and has changed about 60% since the onset of this complaint/condition. She has been evaluated by analyzing the OTHER functional outcome assessment tool with beginning score or percentage of 48 and goal score or percentage of 10% or better. The current overall score or percentage is 34 with an overall change of 29%. In consideration of the findings from today's re-evaluation of Kenzie's complaints, the outcome score and my examination findings for this condition, continued treatment is necessary and the new treatment plan will be modified to decrease number of visits.

Kenzie is of good health and has made good progress and recovery with few residuals. She continues to have

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*** continued from previous page ***

no complicating factors and no noted as contraindications to chiropractic care, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Upon consideration of the information available the diagnosis has changed to: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of sacral reg

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.

- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic,

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401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 09/13/2017

Provider Dr. Jacob Young *** continued from previous page ***

muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T1, T4, T8, L2, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:18. Exercise completed at 3:26.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:26. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:41.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
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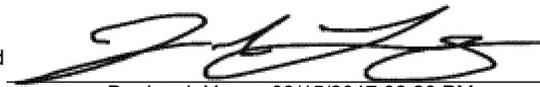
Date 09/13/2017

Provider Dr. Jacob Young

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Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg

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Dr. Jacob Young 09/15/2017 02:28 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 09/15/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of intermittent aching and tightness discomfort in the back of the neck. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is same since her last visit.

Kenzie also complained of intermittent aching and tightness discomfort in the upper back. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is better since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T1, T4, T8, L2, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension was recorded as mildly reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie feels the complaint has improved her ability to OTHER and has changed about 60% since the onset of this complaint/condition. She has been evaluated by analyzing the OTHER functional outcome assessment tool with beginning score or percentage of 48 and goal score or percentage of 10% or better. The current overall score or percentage is 34 with an overall change of 29%. In consideration of the findings from today's re-evaluation of Kenzie's complaints, the outcome score and my examination findings for this condition, continued treatment is necessary and the new treatment plan will be modified to decrease number of visits.

Kenzie is of good health and has made good progress and recovery with few residuals. She continues to have no complicating factors and no noted as contraindications to chiropractic care, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
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Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
<hr/>		
Date 09/15/2017		
Provider Dr. Jacob Young		*** continued from previous page ***

Upon consideration of the information available the diagnosis has changed to: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of sacral reg

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
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Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

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Insured

Date 09/15/2017

Provider Dr. Jacob Young

*** continued from previous page ***

muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T1, T4, T8, L2, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 12:36. Exercise completed at 12:44.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 12:44. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 12:59.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
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Patient: Feldman, Mckenzie	DOB: 11/22/1995	
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Date 09/15/2017

Provider Dr. Jacob Young ***** continued from previous page *****

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg

Electronically Signed



Dr. Jacob Young 09/15/2017 02:32 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

Ins Co

Pol #

Insured

Date 09/18/2017

Provider Dr. Jacob Young

Subjective:

Kenzie sought treatment today, complaining of intermittent dull and throbbing discomfort in the back of the neck. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is same since her last visit.

Kenzie sought treatment today, complaining of intermittent dull and throbbing discomfort in the upper back. She describes that the discomfort same with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 3 and indicated that the discomfort occurs approximately 30% of the time. She states the discomfort is same since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s)*: C1, C6, T1, T4, T8, L2, L5 and right pelvis
- *Extraspinal Restrictions/Subluxations*: -- -- -- .
- *Pain/Tenderness*: upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis*: short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s)*: moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s)*: entire cervical spine and lumbar extension) was recorded as mildly reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie feels the complaint has improved her ability to OTHER and has changed about 60% since the onset of this complaint/condition. She has been evaluated by analyzing the OTHER functional outcome assessment tool with beginning score or percentage of 48 and goal score or percentage of 10% or better. The current overall score or percentage is 34 with an overall change of 29%. In consideration of the findings from today's re-evaluation of Kenzie's complaints, the outcome score and my examination findings for this condition, continued treatment is necessary and the new treatment plan will be modified to decrease number of visits.

Kenzie is of good health and has made good progress and recovery with few residuals. She continues to have no complicating factors and no noted as contraindications to chiropractic care, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
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Date 09/18/2017

Provider Dr. Jacob Young

*** continued from previous page ***

Upon consideration of the information available the diagnosis has changed to: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of sacral reg

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.

- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
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Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured

Date 09/18/2017

Provider Dr. Jacob Young *** continued from previous page ***

muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T1, T4, T8, L2, L5 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes. Exercise began at 3:15. Exercise completed at 3:23.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:23. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:38.

- **Therapeutic Exercise: Whole body vibration.** Therapeutic Exercises were performed as detailed in the initial treatment plan for 5 minutes. Exercise began at 3:38. Each performed for 30 seconds. Bilateral cervical lateral flexion, bilateral cervical lateral flexion with flexion, cervical flexion x2, cervical extension x2, foundation pose x2. Exercise completed at 3:43.

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed as detailed in the initial treatment plan for 8 minutes. Exercise began at 3:43. Cervical head weight 3lbs. Core stabilization on medium balance platform. Exercise completed at 3:51.

- Advised

- *Tx Effect:* Treatment rendered without incident and responding as expected.
- *Next Visit:* continue with treatment plan as scheduled

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
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Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
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Date 09/18/2017

Provider Dr. Jacob Young ***** continued from previous page *****

Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg

Electronically Signed



Dr. Jacob Young 09/19/2017 12:56 PM

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie	DOB: 11/22/1995	
Ins Co	Pol #	Insured
Date 09/20/2017		
Provider Dr. Jacob Young		

Subjective:

Kenzie sought treatment today, complaining of occasional dull, aching and tightness discomfort in the back of the neck. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 40% of the time. She states the discomfort is worse since her last visit.

Kenzie also complained of occasional dull, aching and tightness discomfort in the mid back. She describes that the discomfort increases with movement. On a scale of 1 to 10, with 10 being the most severe, she, using a VAS, describes the intensity as a 5 and indicated that the discomfort occurs approximately 40% of the time. She states the discomfort is worse since her last visit.

Objective:

Daily Objective Findings:

- *Spinal Restriction(s)/Subluxation(s):* C1, C6, T3, T6, L3, L4 and right pelvis
- *Extraspinal Restrictions/Subluxations:* -- -- -- .
- *Pain/Tenderness:* upper to mid cervical, mid to lower cervical, cervico-thoracic, upper thoracic, mid-thoracic, lumbo-sacral and shoulder
- *Postural Analysis:* short right leg (pelvic deficiency), head forward flexed, head rotation left, high left shoulder and high left hip.
- *Muscle Spasm(s):* moderate muscle spasms in the following areas; right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral.
- *ROM Concern(s):* entire cervical spine and lumbar extension was recorded as mildly reduced with pain noted.

Assessment:

ASSESSMENT:

Kenzie feels the complaint has improved her ability to OTHER and has changed about 60% since the onset of this complaint/condition. She has been evaluated by analyzing the OTHER functional outcome assessment tool with beginning score or percentage of 48 and goal score or percentage of 10% or better. The current overall score or percentage is 34 with an overall change of 29%. In consideration of the findings from today's re-evaluation of Kenzie's complaints, the outcome score and my examination findings for this condition, continued treatment is necessary and the new treatment plan will be modified to decrease number of visits.

Kenzie is of good health and has made good progress and recovery with few residuals. She continues to have no complicating factors and no noted as contraindications to chiropractic care, it is reasonable to believe that her recovery may take about the same length of time as an average patient with an uncomplicated case.

DIAGNOSIS:

Chart Notes

Kenzie Feldman

Black & Gold Chiropractic & Wellness
401 S. Gilbert St.
Iowa City, IA 52240
Phone: (319) 337-6000
Fax:

Patient: Feldman, Mckenzie

DOB: 11/22/1995

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Provider Dr. Jacob Young

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Upon consideration of the information available the diagnosis has changed to: (S13.4XXA) Sprain of cervical ligts, initl., (M43.6) Torticollis, (M54.12) Radiculopathy, cervical reg, (M54.2) Cervicalgia, (R51) Headache, (M25.511) Pain in RT shoulder, (M25.512) Pain in LT shoulder, (M99.01) Seg and somatic dysf of cervical reg, (M40.03) Postural kyphosis, cervicothoracic region, (M54.6) Pain in thoracic spine, (M62.830) Muscle spasm of back, (M99.02) Seg and somatic dysf of thoracic reg, (M54.5) Low back pain, (M99.03) Seg and somatic dysf of lumbar reg, (M99.05) Seg and somatic dysf of pelvic reg, (M99.04) Seg and somatic dysf of sacral reg

Daily Assessment: showing improvement and meeting expectations as indicated in today's subjective.
- *Current Status:* Improving because she is reporting less discomfort and is showing improved function.

Plan:

TREATMENT PLAN:

Kenzie's treatment plan for this episode began on 08/18/2017 and is projected to be completed by 11/10/2017.

- *Home/Self Care:* Kenzie was instructed in home care recommendations that included: home cold pack issued today. She was instructed to ice for 20 minutes for pain, repeat after 60 minutes and discontinue after 3 hours

- **Chief Complaint:** anterior head, right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- *Functional Deficit:* Kenzie reports social life has become difficult due to some or all of the following: bending over, concentrating, driving car, exercising, performing household chores, lifting objects, looking over shoulder, reaching overhead, rising out of chair or bed, standing and using a computer when she does this more than 3 minutes

- *Short Term Tx Goal:* To increase her ability to perform the above to 30 minutes by the re-exam date within 30 days unless improvement warrants discharge sooner.

- *Long Term Goal:* Attain pre-condition/pre-injury status

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) (approx: 36 visits) to the cervical spinal region, cervical dorsal spinal region, lumbar spinal region, lumbosacral spinal region, sacral spinal region, sacroiliac spinal region, thoraco-lumbar spinal region, thoracic spinal region and pelvic spinal region at a frequency and duration of 3 visits per week for next 12 weeks followed by a re-exam within 30 days.

- *Tx Effectiveness:* Overall effectiveness of treatment for this complaint will be evaluated by analyzing the Neck Pain Disability Index Questionnaire functional outcome assessment tool. The beginning score or percentage was 48 disability and the goal score or percentage is 10% or better.

- **Traction: Y-Axis mechanical traction** applied to bilateral cervico-thoracic and lumbo-sacral to increase joint mobility during relief phase treatment. For 8 minutes 3 visits per week for next 12 weeks

- **Therapeutic Exercise-Patient consented: Manual stretching** therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 15 minutes for 2 reps - 2 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 15 minutes at a frequency and duration of 3 visits per week for next 12 weeks

- **Therapeutic Exercise: Whole body vibration** therapeutic exercises were performed to the bilateral

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muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the upper lumbar, muscle group of the lower lumbar, muscle group of the pelvic, muscle group of the shoulder and muscle group of the upper arm region(s) for 5 minutes for 1 reps - 1 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 5 minutes at frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic and muscle group of the shoulder region(s) for 8 minutes with 3-6 lbs for 1 reps - 1 sets to improve kinesthetic sense, to improve posture, to improve coordination, to improve proprioception for sitting activities and to improve proprioception for standing activities during therapeutic phase treatment. For 8 minutes at a frequency and duration of 3 visits per week for weeks 5-12

- **Therapeutic Exercise: Resistance band** assisted therapeutic exercises performed to the bilateral muscle group of the upper to mid cervical, muscle group of the mid to lower cervical, muscle group of the cervico-thoracic, muscle group of the upper thoracic, muscle group of the mid thoracic, muscle group of the lower thoracic, muscle group of the shoulder and muscle group of the upper arm region(s) for 10 minutes with medium resistance band for 10-50 reps - 1-3 sets to improve kinesthetic sense, to improve posture and to improve coordination during therapeutic phase treatment. For 10 minutes at a frequency and duration of 3 visits per week for weeks 9-12

Today's Treatment:

- **Chief Complaint:** right anterior trapezius, left anterior trapezius, right anterior shoulder, left anterior shoulder, posterior head, left side of neck, posterior cervical (neck), right side of neck, left trapezius, upper thoracic, right posterior trapezius, left posterior shoulder, right posterior shoulder, left mid thoracic, mid thoracic, right mid thoracic, lumbar, left sacroiliac, right sacroiliac and sacral

- **Primary Treatment:** Diversified, Drop Table and Manual- Chiropractic Manipulative Therapy (CMT) to the C1, C6, T3, T6, L3, L4 and right pelvis spinal level(s). -- -- --

- **Traction: Y-Axis mechanical traction** applied to cervico-thoracic and lumbo-sacral for 8 minutes.

- **Therapeutic Exercise-Patient consented: Manual stretching** Therapeutic Exercises performed as detailed in the initial treatment plan for 15 minutes. Exercise began at 3:32. Therapeutic wobble chair: 25 reps each of side to side, front to back, clockwise rotation, counterclockwise rotations. Cervical extension traction: 20 reps with 20 second hold on final rep- increase by 10 reps each week. Cervical/Lumbar extension traction stretch: 3 minutes. Precor stretchtrainer: lower back, upper back, shoulders: each performed 2 times for 15 seconds. Exercise completed at 3:47.

- **Therapeutic Exercise: Whole body vibration.** Therapeutic Exercises were performed as detailed in the initial treatment plan for 5 minutes. Exercise began at 3:47. Each performed for 30 seconds. Bilateral cervical lateral flexion, bilateral cervical lateral flexion with flexion, cervical flexion x2, cervical extension x2, foundation pose x2. Exercise completed at 3:52.

- **Therapeutic Exercise: Static weight** assisted Therapeutic Exercises performed as detailed in the initial treatment plan for 8 minutes. Exercise began at 3:52. Cervical head weight 3lbs. Core stabilization on medium balance platform. Exercise completed at 4:00.

- Advised

- **Tx Effect:** Treatment rendered without incident and responding as expected.

- **Next Visit:** continue with treatment plan as scheduled

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Diagnosis S13.4XXA: Sprain of cervical ligts, initl.
M54.12: Radiculopathy, cervical reg
M54.2: Cervicalgia
R51: Headache
M25.511: Pain in RT shoulder
M99.01: Seg and somatic dysf of cervical reg
M40.03: Postural kyphosis, cervicothoracic region
M54.6: Pain in thoracic spine
M62.830: Muscle spasm of back
M99.02: Seg and somatic dysf of thoracic reg
M54.5: Low back pain
M99.03: Seg and somatic dysf of lumbar reg
M99.05: Seg and somatic dysf of pelvic reg

Electronically Signed



Dr. Jacob Young 09/20/2017 04:37 PM
