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Date of Plan: 6/14/2010  
Patient Name: John Doe  
Patient ID#: 008874  
Doctor Name: Jim Houser, DC

Based on a detailed New Patient Examination Level 2 (99202), performed on 6/14/2010, the following CarePlan was created for Patient John Doe:

Diagnoses: 723.1 Cervicalgia  
739.1 Cervical Seg. Dysfunction  
723.5 Torticollis Unspecified  
728.85 Muscle Spasm

Contributing Conditions: Headaches  
Aggravating Conditions: Job requires heavy lifting

Diagnostic Tests: X-ray cervical 2-3 views (72040) performed to the neck, specifically to the cervical vertebrae, for the following reasons: Check for Congenital Anomaly and Radicular Symptoms.

Based on the findings, there will be 2 stages of care; Passive/Acute and Active/Rehabilitative. The long-term goals are restoring functional independence, restoring tolerance to normal activities of daily living, and elevate the patient's core strength. Based on the patient's condition, re-evaluations are planned, for each stage of care, to assess the benefits of care and ensure functional improvement.

During the Passive or Acute stage, the following services will be provided: 98940 - CMT 1-2 Regions consisting of activator technique and diversified technique will be performed to the Neck, Upper Back, specifically to the Cervical Vertebrae, Thoracic Vertebrae, to increase mobility/range of motion, decrease pain, and increase oscillation. This will be provided 3 times per week for 2 weeks. 98943, Extraspinal CMT consisting of joint mobilization will be performed to the shoulder (right), specifically to the pectoral girdle (shoulder), to correct body mechanics, increase mobility/range of motion, and decrease pain. This will be provided 2 times per week for 2 weeks. 97012 Mechanical Traction consisting of intermittent traction pull and slow oscillation will be performed to the Low Back, specifically to the thoracic vertebrae and lumbar vertebrae, to decrease pain, increase mobility/range of motion, stretch ligaments, and decompress the joints. This will be provided 3 times per week for 2 weeks. It is estimated that a level 2 (99212) re-evaluation will be performed once every 4 weeks.

During the Active or Rehabilitative stage, the following services will be provided: CMT 1-2 Regions (98940) consisting of activator technique and diversified technique will be performed to the neck, upper back, specifically to the cervical vertebrae and thoracic vertebrae to improve posture, correct body mechanics, restore normal joint function, and restore spinal movement. This will be provided 2 times per week for 4 weeks. Therapeutic Exercise (97110) consisting of Swiss ball exercises, stretching, Thera-Band exercises, and cervical active therapeutic movements will be performed to the neck, upper back, specifically to the cervical muscles, to increase mobility/range of motion, increase strength, and re-establish neuromuscular control. 1 unit will be provided 2 times per week for 4 weeks. It is estimated that a level 2 (99212) re-evaluation will be performed once every 4 weeks.

The patient will be re-evaluated at the end of care, with Level 2 (99212), at which time a Wellness CarePlan will be discussed.

Jim Houser, DC