

To the attention of: Dr. Ray Doolittle

Address	123 Happy Hands Ave Sidney BC, V8L 5T3
Telephone number	123-456-7890

Regarding: Chrystal Lad

PHN	123456789
Date of Birth	12/12/85
Address	321 Hands Happy Rd, Sidney BC, V8L 5T3
Telephone	012-345-6789

Date	July 30, 2016
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One of your patients recently came for an appointment at my clinic with me. Find below a brief summary report and treatment plan as a result of that meeting for your records.

Case Management Treatment Plan

Case Details:

Date of First Visit	July 30, 2016
Specific Nature of Dysfunction	Right wrist and arm pain
Primary Area(s) of Involvement	Right cervical spine, right pectoralis major and minor, pronator teres
Secondary Area(s) of Involvement	Left cervical spine, bilateral thorax
Contraindications/Precautions	Patient is 35 weeks pregnant

ADL Limitations / Assessment Findings:

BP 110/70; Pulse 74BPM Cervical spine ROM: limited left side bend and extension, all other ranges normal Wrist extension exasperates symptoms

Type(s) of Care:

<input checked="" type="checkbox"/> Corrective	Manual work to help sedate musculature along median nerve; and stimulate antagonists
<input type="checkbox"/> Rehabilitative	
<input type="checkbox"/> Palliative	
<input type="checkbox"/> Preventative	
<input type="checkbox"/> Stress Management	
<input checked="" type="checkbox"/> Other	Patient education on postural awareness and nerve compression sites

Other Details / Treatment Objectives / Remedial Exercise Plan:

The patient felt some immediate relief post initial treatment. Was instructed on how to appropriately stretch muscles along median nerve path and to strengthen antagonist muscles including the rhomboids and posterior thorax musculature.
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Ideal Treatment Frequency (Reassessment Dates Included):

Post Initial Assessment Treatment Frequency	1 treated per week
Date of Second Assessment	August 21, 2016
Post Second Assessment Treatment Frequency	1 treatment every two weeks
Date of Third Assessment	Mid September
Post Third Assessment Treatment Frequency	As needed

Please do not hesitate to get in touch if you have any questions or concerns.

Sincerely,

Chrystal Ladouceur, RMT