

Sample Treatment Plan

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This is an example of a real treatment plan given to a patient with acute low back pain. Presentation antalgic, X-rays then MRI taken. Diagnosis disc herniation with foraminal stenosis and nerve impingement.



Ms Donna Russell

Treatment Plan

Practitioner [Redacted]
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REPORT OF FINDINGS

Date Treatment Plan Written 25/02/2021

Symptoms presented with

Objective Findings/What we see
Guarded gait see uploaded video
Posture screen leaning to the left- antalgic leaning
Absent R patella reflex, Left patella +2
R slump test +ve
L slump test -ve
One legged standing cannot balance on either leg
toe walk pain- off balance
heel walk pain- off balance

Diagnosis
L5 disc herniation with nerve root impingement on the right
L5 facet arthropathy

Goals to achieve with treatment
Improve gait
Reduce pain (10/10) to a 2/10- within the next 6 weeks

Treatment Plan Name Relax...We've got your back

Your treatment will include
Chiropractic adjustments to correct movement dysfunction; MLS Laser to decrease inflammation and to increase micro circulation; Strengthening program

Recommended Products Magnesium Supplementation to help with muscle

Frequency of Care

Phase 1: Initial Relief Care, Treatment in pain relief and inflammation reduction, changing the neurological spinal motor patterns. 3 x per week for 2 weeks

Phase 2: Rehabilitative Care, The pain cycle has improved but the tissue is still learning new ways of movement. Ceasing care in this stage can result in a relapse of symptoms. 2 x per week for 2 weeks

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Phase 3: Wellness Care, The final phase of treatment, improving strength of the structure and body. 1 x weekly visit

Outline of treatment

3 x per week for 2 weeks

Visit 1- Long appt: MLS Laser and Chiropractic- Thoracic and lumbar adjustments.

Visit 2- Regular appt: MLS Laser.

Visit 3- Long appt: MLS Laser and Chiropractic- Thoracic and lumbar adjustments, scap retraction.

Visit 4- Regular appt: MLS Laser.

Visit 5- Long appt: MLS Laser and Chiropractic- Thoracic and lumbar adjustments, PhysiApp core big 3-phase 1.

Visit 6- Regular appt: MLS Laser.

2 x per week for 2 weeks

Visit 7- Long appt: MLS Laser and Chiropractic, PhysiApp core big- phase 2

Visit 8- Long appt: MLS Laser and Chiropractic, glut activation.

Visit 9- Long appt: MLS Laser and Chiropractic,

Visit 10- Long appt: MLS Laser and Chiropractic- PhysiApp Exercises, phase 3

1 x weekly visit

Visit 11- Long appt: Re-examination visit: MLS Laser and Chiropractic- VMO function/Hip Homework PIR

Visit 12- Regular appt: Chiropractic- PhysiApp Exercises- thoracic mobility

Rehabilitation isn't a quick fix and becomes longer depending on age and the extent of imbalance and degeneration of the affected area. It is very important to attend reassessment as arthritis conditions are degenerative and often relapse and to a further

We Will Ensure: To always be on time to the best of our ability.
To always give the best clinical guidance objectively.
To be the best possible leaders in healthcare.

Expectations: Your results are dependent on you following and participating in the professional recommended treatment guidelines detailed here. As a patient of our clinic and to ensure your optimal outcome our expectations are:
Attendance to your scheduled appointments.
You follow recommendations by chiropractor.
Performance of your home exercise program as prescribed.

Reschedule/Cancellation/No show: We understand that unplanned issues can occur and you might need to reschedule your appointment with us. We respectfully ask for you to reschedule your appointment at least 12 hours in advance. Failure to comply with our policy will result in a \$30 cancellation fee.

Fee Schedule We like to be transparent about our fees and charges.
No surprises down the track with hidden fees and charges!

STANDARD APPT: Regular Chiropractic Treatment: \$67.00

LONG APPT: Regular Chiropractic Treatment and Laser Treatment (1 region): \$112.00