

Cuevas Chiropractic, Inc.  
Albert L Cuevas, DC  
6600 Florence Ave.  
Bell Gardens , CA 90201  
Phone: 562-927-5117  
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**Exam**

Patient Name: Rosario Santillan  
DOB: 3/26/1967  
Date of Visit: 5/9/2014

Complaint(s): Knee Pain

**Subjective:**

knee pains constant they swelled up with activities, worse with bending and flexion.

**Knee Pain.** Rosario's condition started past 4 month's and she said: "with any running bending or flexion of the knee". The symptoms are rated as severe. She says the symptoms are dull ache, stabbing pain and tingling. Patient's expectations: become pain free. Today the symptoms are rated at 7. Activity affected level is rated at 8. The symptoms are happening constantly (76 - 100% of the day). Symptoms are getting better (10%). Chiropractic therapy make the symptoms better.

**Objective:**

Palpation

Restricted motion, swelling, tenderness was found in left knee.

Vital Signs

Height = 5'4"; Weight = 155; BMI = 27.

**Objective:**

ROM

**Knee ROM:** Left Flexion ROM is 65/150. Right Flexion ROM was within normal limits, 150. Left Extension ROM was within normal limits, 0. Right Extension ROM was within normal limits, 0. Left Internal Rotation ROM is 20/40. Right Internal Rotation ROM was within normal limits, 40. Left External Rotation ROM is 25/45. Right External Rotation ROM was within normal limits, 45.

Nutrition/Supplements

- \* Regenamax
- \* Collagenics (Xymogen).

8/12/2014. Patient: Rosario Santillan. Doctor: Albert L Cuevas, DC

**Treatments**

Ice pack (97010) was applied to the left knee region(s)

CMT 1-2 Spinal Regions (98940)

- Patellar tendinitis (726.64), - Swelling (719.06) and - Pain (719.46).

**Assessment:**

**Diagnoses**

1: Patellar tendinitis (726.64), 2: Swelling (719.06), 3: Pain (719.46)

**Plans:**

Modality/Therapy: Electrical stimulation, Physical therapy exercises and Ultrasound - 2x times per week for 2 months, Spinal manipulation with techniques: Diversified - 2x times per week for 2 months.

**Home Therapies**

Perform rehab activities daily (as verbally instructed).

**Short Term Goals**

Decreasing pain, inflammation, muscle tightness and increase vertebral motion.

**Followup Visit**

Patient Name: Rosario Santillan

DOB: 3/26/1967

Date of Visit: 5/12/2014

Complaint(s): Knee Pain

**Subjective:**

knee pains continue with slight less pains

Knee Pain. With severe symptoms reported today. The symptoms are described as dull ache, stabbing pain and tingling. Patient's expectations: become pain free. Rosario rates the symptoms at 7. Activity affected level is rated at 7. The symptoms are happening constantly (76 - 100% of the day). Symptoms are getting better (20%). Chiropractic therapy make the symptoms better.

**Objective:**Palpation

Restricted motion, swelling, tenderness was found in left knee.

Vital Signs

Height = 5'4"; Weight = 155; BMI = 27.

**Objective:**ROM

Knee ROM: Left Flexion ROM is 65/150. Right Flexion ROM was within normal limits, 150. Left Extension ROM was within normal limits, 0. Right Extension ROM was within normal limits, 0. Left Internal Rotation ROM is 20/40. Right Internal Rotation ROM was within normal limits, 40. Left External Rotation ROM is 25/45. Right External Rotation ROM was within normal limits, 45.

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**Assessment:**Diagnoses

8/12/2014. Patient: Rosario Santillan. Doctor: Albert L Cuevas, DC

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**Plans:**

**Modality/Therapy:** Electrical stimulation, Physical therapy exercises and Ultrasound - 2x times per week for 2 months, Spinal manipulation with techniques: Diversified - 2x times per week for 2 months.

Home Therapies

Perform rehab activities daily (as verbally instructed).

Short Term Goals

Decreasing pain, inflammation, muscle tightness and increase vertebral motion.

**Followup Visit**

Patient Name: Rosario Santillan

DOB: 3/26/1967

Date of Visit: 5/14/2014

Complaint(s): Knee Pain

**Subjective:**

feeling better with less pains

Knee Pain. The symptoms are severe. The symptoms are described as dull ache, stabbing pain and tingling. Patient's expectations: become pain free. The symptoms are rated at 6. Activity affected level is rated at 7. The symptoms are happening constantly (76 - 100% of the day). Symptoms are getting better (20%). Chiropractic therapy make the symptoms better.

**Objective:**Palpation

Restricted motion, swelling, tenderness was found in left knee.

Vital Signs

Height = 5'4"; Weight = 155; BMI = 27.

**Objective:**ROM

Knee ROM: Left Flexion ROM is 65/150. Right Flexion ROM was within normal limits, 150. Left Extension ROM was within normal limits, 0. Right Extension ROM was within normal limits, 0. Left Internal Rotation ROM is 20/40. Right Internal Rotation ROM was within normal limits, 40. Left External Rotation ROM is 25/45. Right External Rotation ROM was within normal limits, 45.

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8/12/2014. Patient: Rosario Santillan. Doctor: Albert L Cuevas, DC

**Plans:**

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Home Therapies

Perform rehab activities daily (as verbally instructed).

Short Term Goals

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**Followup Visit**

Patient Name: Rosario Santillan

DOB: 3/26/1967

Date of Visit: 5/19/2014

Complaint(s): Knee Pain

**Subjective:**

feeling improvements with less knee pains.

Knee Pain. The symptoms are rated as severe. The symptoms are described as dull ache, stabbing pain and tingling. Patient's expectations: become pain free. Rosario rates the symptoms at 6. Activity affected level is rated at 7. The symptoms are happening constantly (76 - 100% of the day). Symptoms are getting better (20%). Chiropractic therapy improves the symptoms.

**Objective:**Palpation

Restricted motion, swelling, tenderness was found in left knee.

Vital Signs

Height = 5'4"; Weight = 155; BMI = 27.

**Objective:**ROM

Knee ROM: Left Flexion ROM is 65/150. Right Flexion ROM was within normal limits, 150. Left Extension ROM was within normal limits, 0. Right Extension ROM was within normal limits, 0. Left Internal Rotation ROM is 20/40. Right Internal Rotation ROM was within normal limits, 40. Left External Rotation ROM is 25/45. Right External Rotation ROM was within normal limits, 45.

Nutrition/Supplements

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Treatments

Ice pack (97010) was applied to the left knee region(s)

CMT 1-2 Spinal Regions (98940)

- Patellar tendinitis (726.64), - Swelling (719.06) and - Pain (719.46).

**Assessment:**Diagnoses

6/12/2014. Patient: Rosario Santillan. Doctor: Albert L Cuevas, DC

1: Patellar tendinitis (726.64), 2: Swelling (719.06), 3: Pain (719.46)

**Plans:**

Modality/Therapy: Electrical stimulation, Physical therapy exercises and Ultrasound - 2x times per week for 2 months, Spinal manipulation with techniques: Diversified - 2x times per week for 2 months.

**Home Therapies**

Perform rehab activities daily (as verbally instructed).

**Short Term Goals**

Decreasing pain, inflammation, muscle tightness and increase vertebral motion.



**Followup Visit****Patient Name: Rosario Santillan****DOB: 3/26/1967****Date of Visit: 5/23/2014****Complaint(s): Knee Pain****Subjective:**

feeling improvements with less knee pains, but continue with pains on knee extensions.

**Knee Pain.** With moderate symptoms reported today. She says the symptoms are dull ache, stabbing pain and tingling. Patient's expectations: become pain free. Today the symptoms are rated at 6. Activity affected level is rated at 6. The symptoms are happening constantly (76 - 100% of the day). Symptoms are getting better (30%). Chiropractic therapy improves the symptoms.

**Objective:**Palpation

Restricted motion, swelling, tenderness was found in left knee.

Vital Signs

Height = 5'4"; Weight = 155; BMI = 27.

**Objective:**ROM

**Knee ROM:** Left Flexion ROM is 65/150. Right Flexion ROM was within normal limits, 150. Left Extension ROM was within normal limits, 0. Right Extension ROM was within normal limits, 0. Left Internal Rotation ROM is 20/40. Right Internal Rotation ROM was within normal limits, 40. Left External Rotation ROM is 25/45. Right External Rotation ROM was within normal limits, 45.

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8/12/2014. Patient: Rosario Santillan. Doctor: Albert L Cuevas, DC

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Short Term Goals

Decreasing pain, inflammation, muscle tightness and increase vertebral motion.

**Followup Visit**

Patient Name: Rosario Santillan

DOB: 3/26/1967

Date of Visit: 6/9/2014

Complaint(s): Knee Pain

**Subjective:**

feeling better with less pains.

Knee Pain. The symptoms are rated as moderate. The symptoms are described as dull ache. Patient's expectations: become pain free. Today the symptoms are rated at 5. Activity affected level is rated at 6. The symptoms are happening constantly (76 - 100% of the day). Symptoms are getting better (40%). Chiropractic therapy improves the symptoms.

**Objective:**Palpation

Restricted motion, swelling, tenderness was found in left knee.

Vital Signs

Height = 5'4"; Weight = 155; BMI = 27.

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Knee ROM: Left Flexion ROM is 65/150. Right Flexion ROM was within normal limits, 150. Left Extension ROM was within normal limits, 0. Right Extension ROM was within normal limits, 0. Left Internal Rotation ROM is 20/40. Right Internal Rotation ROM was within normal limits, 40. Left External Rotation ROM is 25/45. Right External Rotation ROM was within normal limits, 45.

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**Short Term Goals**

Decreasing pain, inflammation, muscle tightness and increase vertebral motion.

**Followup Visit**

Patient Name: Rosario Santillan

DOB: 3/26/1967

Date of Visit: 6/11/2014

Complaint(s): Knee Pain

**Subjective:**

feeling better with less knee pains.

Knee Pain. The symptoms are rated as moderate. The symptoms are described as dull ache. Patient's expectations: become pain free. Rosario rates the symptoms at 4. Activity affected level is rated at 4. The symptoms are happening frequently (51 - 75% of the day). Symptoms are getting better (50%). Chiropractic therapy make the symptoms better.

**Objective:**Palpation

Restricted motion, swelling, tenderness was found in left knee.

Vital Signs

Height = 5'4"; Weight = 155; BMI = 27.

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**Short Term Goals**

**Decreasing pain, inflammation, muscle tightness and increase vertebral motion.**