



## Outreach Programs at Florence Western Medical Clinic, USA

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## **Background**

RMF's community outreach programs at Florence Western Medical Clinic (FWMC) have focused on increasing healthcare access and health education to the South Los Angeles community. FWMC provides care to patients from all economic backgrounds. Services offered are primary health care, pediatrics, geriatrics, gastroenterology, diabetes care, podiatry, and physical therapy. The clinic also hosts a variety of specialists committed to meeting the needs of the whole family, as well as a full-service pharmacy and laboratory. RMF's outreach programs have included physical therapy and healthcare education services as well as non-medical services such as physical fitness and yoga for adults and children, programs for new mothers, assistance to families with children without insurance, arts and crafts and reading programs for children, and much more.

## **Current Support: Physical Therapy**

Currently, RMF's main support to the South Los Angeles community consists in funding a physical therapy program and therapeutic exercise classes at Florence Western Medical Clinic. The physical therapy program and classes have been ongoing since 2013, and are led by Charmayne Cahn, a physical therapist with more than 22 years' experience. Most patients receiving physical therapy and attending the classes are middle-aged or elderly, seeking therapy for back pain and arthritis or recovering after a stroke, surgery, or accident. Without RMF's help, most of these patients would not be able to afford physical therapy, and their mobility, pain levels, and/or recovery times would suffer.

Physical Therapist Charmayne has several returning patients whom she continues to work with at Florence Western Medical Clinic. When a new patient is referred, she completes a mini evaluation and also provides exercises and stretches they can do at home. Depending on the number of attendees for that week's session, Charmayne leads the group through an exercise class or goes through individual exercises and stretches with the patient(s). Some patients also receive heating pads and similar support.

## **2017 Patient Updates**

Every month, Physical Therapist Charmayne Cahn provides notes describing therapy provided to each patient:

### **January**

1/4/17 T. S. back and knee pain. Received hot pack to back and knee x 20 minutes followed by range of motion to knees and back.

1/11/17 T. S. back and knee pain. Received hot pack to back and knee x 20 minutes followed by range of motion to knees and back.

1/18/17 T. S. back and knee pain. Received hot pack to back and knee x 20 minutes followed by range of motion to knees and back.

1/25/17 C. A. s/p CVA with right side weakness received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 repetitions. Shoulder flexion/extension, shoulder ab/adduction and biceps curls. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.

### **February**

2/1/17 T. S. s/p back pain. Received hot pack to low back x 20 minutes followed by exercise and stretching to bilateral lower extremities. Knee to chest, knee sways, stretching hamstrings.

2/8/17 T. S. s/p back pain. Received hot pack to low back x 20 minutes followed by exercise and stretching to bilateral lower extremities. Knee to chest, knee sways, stretching hamstrings.

2/15/17 T. S. s/p back pain. Received hot pack to low back x 20 minutes followed by exercise and stretching to bilateral lower extremities. Knee to chest, knee sways, stretching hamstrings.

2/22/17 T. S. s/p back pain. Received hot pack to low back x 20 minutes followed by exercise and stretching to bilateral lower extremities. Knee to chest, knee sways, stretching hamstrings.

### **March**

3/1/17 T. S. s/p back pain due to lifting. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps x 20 repetitions. Shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

3/8/17 T. S. s/p back pain due to lifting. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps x 20 repetitions. Shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

C. A. s/p CVA with left side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 1# weight. Hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps. Shoulder flexion/extension, biceps curls, shoulder ab/adduction x 20 reps.

3/15/17 T. S. s/p back pain due to lifting. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps x 20 repetitions. Shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

3/22/17 T. S. s/p back pain due to lifting. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps x 20 repetitions. Shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

3/29/17 T. S. s/p back pain due to lifting. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps x 20 repetitions. Shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

B. L. s/p CVA with left side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps.

### **April**

4/5/17 T. S. lower extremity weakness. Received therapeutic exercise to upper extremities and lower extremities. 5# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Aerobic activity.

4/12/17 B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, elbow flexion/extension. Aerobic activity.

T. S. lower extremity weakness. Received therapeutic exercise to upper extremities and lower extremities. 5# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Aerobic activity.

4/19/17 B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, elbow flexion/extension. Aerobic activity.

T. S. lower extremity weakness. Received therapeutic exercise to upper extremities and lower extremities. 5# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Aerobic activity.

4/26/17 B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, elbow flexion/extension. Aerobic activity.

T. S. lower extremity weakness. Received therapeutic exercise to upper extremities and lower extremities. 5# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Aerobic activity.

A. H. osteoarthritis left knee. Received instruction and therapeutic exercise for pre-op left total knee replacement exercise.

## **May**

5/3/2017 L. J. s/p motor vehicle accident with lower back, right buttock aching and numbness in right foot. Received physical therapy evaluation and instruction in home exercise program.

T. S. general debility. Received therapeutic exercise to upper extremities and lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

5/10/17 L. J. received stretching to lower back and therapeutic exercise to back, upper extremities, and lower extremities. Trunk exercise, shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Rest in between exercise due to increase in back pain.

A. H. left knee pain/arthritis. Received therapeutic exercise sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 3# dumbbell shoulder flexion/extension, biceps curls, triceps strengthening x 20 reps.

B. L. s/p CVA with left side weakness. Received therapeutic exercise to upper extremities and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. A. s/p CVA with right side weakness. Received therapeutic exercise with 1# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps.

5/17/17 B. L. s/p CVA with left side weakness. Received therapeutic exercise to upper extremities and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

T.S. general debility. Received therapeutic exercise to upper extremities and lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

L. J. received stretching to lower back and therapeutic exercise to back, upper extremities, and lower extremities. Trunk exercise, shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Rest in between exercise due to increase in back pain.

5/24/17 T. S. general debility. Received therapeutic exercise to upper extremities and lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. s/p CVA with left side weakness. Received therapeutic exercise to upper extremities and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

L. J. received stretching to lower back and therapeutic exercise to back, upper extremities, and lower extremities. Trunk exercise, shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Rest in between exercise due to increase in back pain.

5/31/17 T. S. general debility. Received therapeutic exercise to upper extremities and lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. s/p CVA with left side weakness. Received therapeutic exercise to upper extremities and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

L. J. received stretching to lower back and therapeutic exercise to back, upper extremities, and lower extremities. Trunk exercise, shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Rest in between exercise due to increase in back pain.

## **June**

6/7/17 T. S. generalized weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 5# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 3# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

B. L. right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# ankle weight on left lower extremity. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 2# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

L. J. back pain. Received therapeutic exercise and stretching to lower back, upper extremities, and lower extremities. Hip ab/adduction, hip flexion/extension, short arc quads, and ankle pumps. Hamstring stretches. Shoulder flexion/extension and biceps curls. Aerobic activity x 5 minutes.

6/14/17 T. S. generalized weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 5# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 3# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

B. L. right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# ankle weight on left lower extremity. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 2# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

6/21/17 T. S. generalized weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 5# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 3# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

B. L. right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# ankle weight on left lower extremity. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 2# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

6/28/17 T. S. generalized weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 5# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 3# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

B. L. right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# ankle weight on left lower extremity. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 2# dumbbell shoulder flexion/extension and biceps curls x 20 reps. Aerobic activity x 5 minutes.

A. R. s/p fall with right hip pain and left hand pain. Received physical therapy evaluation. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities sitting. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 5 reps. With pain right hip. Shoulder flexion/extension and biceps curls x 5 reps.

## **July**

7/5/17 T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4-pound weight. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

7/12/17 T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4-pound weight. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2-pound weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

7/19/17 B. L. right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2-pound weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

M. arthritis knee pain. Fitted for knee braces.

7/26/17 T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4-pound weight. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2-pound weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

### **August**

8/2/17 C. A. late effects CVA with left side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 repetitions with 2# weight. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening. Aerobic activity x 5 minutes.

T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. W. knee and back pain due to motor vehicle accident. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

8/9/17 T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. W. knee and back pain due to motor vehicle accident. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

8/16/17 B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. W. knee and back pain due to motor vehicle accident. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

8/23/17 B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. W. knee and back pain due to motor vehicle accident. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

8/30/17 B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. W. knee and back pain due to motor vehicle accident. Received therapeutic exercise to bilateral upper and lower extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

## **September**

9/6/17 T. S. s/p fall and left ankle pain. Received ice to left ankle and reviewed exercise on right leg and both arms. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps. 4# ankle weight right lower extremity hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities. 2# weight for upper extremities shoulder flexion/extension, shoulder ab/adduction, biceps curls and triceps strengthening s 20 reps. 2# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

N. N. s/p right medial meniscus repair. Received evaluation.

9/13/17 T. S. s/p fall and left ankle pain. Received ice to left ankle and reviewed exercise on right leg and both arms. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps.



4# ankle weight right lower extremity hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities. 2# weight for upper extremities shoulder flexion/extension, shoulder ab/adduction, biceps curls and triceps strengthening s 20 reps. 2# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

9/20/17 T. S. s/p fall and left ankle pain. Received ice to left ankle and reviewed exercise on right leg and both arms. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps. 4# ankle weight right lower extremity hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities. 2# weight for upper extremities shoulder flexion/extension, shoulder ab/adduction, biceps curls and triceps strengthening s 20 reps. 2# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

9/27/17 T. S. s/p fall and left ankle pain. Received ice to left ankle and reviewed exercise on right leg and both arms. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps. 4# ankle weight right lower extremity hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

B. L. late effects CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities. 2# weight for upper extremities shoulder flexion/extension, shoulder ab/adduction, biceps curls and triceps strengthening x 20 reps. 2# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

## **October**

10/4/17 T. S. complaint of right ankle and low back pain. Received ice pack to lower back and right ankle x 15 minutes. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps.

B. L. s/p CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

10/11/17 T. S. complaint of right ankle and low back pain. Received ice pack to lower back and right ankle x 15 minutes. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps.

10/18/17 B. L. s/p CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

10/25/17 B. L. s/p CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

T. S. complaint of right ankle and low back pain. Received ice pack to lower back and right ankle x 15 minutes. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps.

## **November**

11/1/17 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral lower extremities with 2# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 2# dumbbell to upper extremities. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening x 20 reps.

11/8/17 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral lower extremities with 2# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 2# dumbbell to upper extremities. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening x 20 reps.

C. A. CVA with left side weakness. Received therapeutic exercise to bilateral lower extremities. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 1# dumbbell shoulder flexion/extension, biceps curls, and triceps strengthening x 20 reps.

T. S. right foot pain. Received therapeutic exercise to bilateral lower extremities with 4# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 4# dumbbell shoulder flexion/extension, biceps curls, and triceps strengthening x 20 reps.

11/15/17 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral lower extremities with 2# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 2# dumbbell to upper extremities. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, and triceps strengthening x 20 reps.

C. A. CVA with left side weakness. Received therapeutic exercise to bilateral lower extremities. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. 1# dumbbell shoulder flexion/extension, biceps curls, and triceps strengthening x 20 reps.

11/22/17 Office closed for holiday.

11/29/17 Class cancelled.

## **December**

12/6/17 T. S. s/p back pain and right ankle pain. Received therapeutic exercise with 4# ankle weight and 3# dumbbell to bilateral upper and lower extremities. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps. Aerobic activity x 4 minutes.

B. L. s/p CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# ankle weight and 2# dumbbell. Sitting hip ab/adduction, hip flexion/extension, short arc quads, and ankle pumps. Shoulder flexion/extension, ab/adduction, triceps and biceps strengthening x 20 reps. Aerobic activity x 4 minutes.

12/13/17 T. S. s/p back pain and right ankle pain. Received therapeutic exercise with 4# ankle weight and 3# dumbbell to bilateral upper and lower extremities. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps. Aerobic activity x 4 minutes.

C. A. s/p CVA with left side weakness. Received therapeutic exercise sitting with 2# ankle weight and 2# dumbbell. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps. Aerobic activity x 4 minutes.

12/20/17 B. L. s/p CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# ankle weight and 2# dumbbell. Sitting hip ab/adduction, hip flexion/extension, short arc quads, and ankle pumps. Shoulder flexion/extension, ab/adduction, triceps and biceps strengthening x 20 reps. Aerobic activity x 4 minutes.

12/27/17 T. S. s/p back pain and right ankle pain. Received therapeutic exercise with 4# ankle weight and 3# dumbbell to bilateral upper and lower extremities. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps and triceps strengthening x 20 reps. Aerobic activity x 4 minutes.

B. L. s/p CVA with right side weakness. Received therapeutic exercise to bilateral upper and lower extremities with 2# ankle weight and 2# dumbbell. Sitting hip ab/adduction, hip flexion/extension, short arc quads, and ankle pumps. Shoulder flexion/extension, ab/adduction, triceps and biceps strengthening x 20 reps. Aerobic activity x 4 minutes.