



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 23 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.

2018 Patient Updates

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

January

1/3/18 T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction and biceps curls x 20 reps. 4# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

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

1/10/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 2# ankle weight hip flexion, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. A. CVA with left side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 1# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

1/17/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 2# ankle weight hip flexion, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

1/24/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 2# ankle weight hip flexion, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

1/31/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 2# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 2# ankle weight hip flexion, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction and biceps curls x 20 reps. 4# ankle weight hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

February

2/7/18 B. L. CVA with left side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 2# dumbbell shoulder flexion/extension and biceps curls. 2# ankle weight hip flexion/extension, hip ab/adduction, short arc quads and ankle pumps x 20 reps.

2/14/18 T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 4# ankle weight to left lower extremity, hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

T. M. s/p lower back pain. Received physical therapy evaluation.

2/21/18 B. L. CVA with left side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 2# dumbbell shoulder flexion/extension and biceps curls. 2# ankle weight hip flexion/extension, hip ab/adduction, short arc quads and ankle pumps x 20 reps.

T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 4# ankle weight to left lower extremity, hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

C. A. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities. 1# dumbbell shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps. 2# ankle weight on left lower extremity, hip ab/adduction, hip flexion/extension, short arc quads, and ankle pumps x 20 reps.

T. M. received hot pack to lower back x 15 minutes. Supine stretches to bilateral hamstrings, knee to chest, knee sways, bridging x 5 reps.

2/28/18 T. M. received hot pack to lower back x 15 minutes. Supine stretches to bilateral hamstrings, knee to chest, knee sways, bridging x 5 reps.

March

3/7/18 B. L. CVA with right 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 x 20 reps. Shoulder flexion/extension, triceps/biceps strengthening x 20 reps.

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

3/14/18 T. S. right foot pain. Received therapeutic exercise to bilateral upper and bilateral lower extremities x 20 reps with 3# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, biceps/triceps strengthening.

T. M. back pain. Received hot pack to lower back x 15 minutes, followed by stretching to bilateral hamstrings. Knee to chest, knee sways, bridging x 10 reps.

3/21/18 T. S. right foot pain. Received therapeutic exercise to bilateral upper and bilateral lower extremities x 20 reps with 3# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, biceps/triceps strengthening.

B. L. CVA with right 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 x 20 reps. Shoulder flexion/extension, triceps/biceps strengthening x 20 reps.

O. K. s/p motor vehicle accident with lower back pain. Received hot pack to lower back, followed by stretching to bilateral hamstrings, knee sways, knee to chest, and bridging x 5 reps.

3/28/18 T. S. right foot pain. Received therapeutic exercise to bilateral upper and bilateral lower extremities x 20 reps with 3# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, biceps/triceps strengthening.

B. L. CVA with right 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 x 20 reps. Shoulder flexion/extension, triceps/biceps strengthening x 20 reps.

O. K. s/p motor vehicle accident with lower back pain. Received hot pack to lower back, followed by stretching to bilateral hamstrings, knee sways, knee to chest, and bridging x 5 reps.

April

4/4/18 T. S. right foot pain. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, elbow flexion/extension x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

4/11/18 T. S. right foot pain. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, elbow flexion/extension x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

O. K. back pain. Received hot pack to lower back. Stretching to bilateral hamstrings, knee to chest, and knee sways x 10 reps.

4/18/18 T. S. right foot pain. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, elbow flexion/extension x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

T. M. back pain. Received hot pack to lower back x 15 minutes, followed by stretching to bilateral hamstrings, knee to chest, knee sways.

4/25/18 T. S. right foot pain. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight. Shoulder flexion/extension, shoulder ab/adduction, elbow flexion/extension x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

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

May

5/2/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# ankle weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

5/9/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# ankle weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

C. A. CVA with left side weakness. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 1# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

S. R. lower back pain and right hip pain. Received physical therapy evaluation, reviewed home exercise program.

5/16/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# ankle weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

M. B. left hip pain. Physical therapy evaluation, reviewed home exercise program.

5/23/18 B. L. CVA with right side weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

T. S. right foot pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# ankle weight x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension and biceps curls.

June

6/6/18 T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 3# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

P. S. lower extremity weakness. Received therapeutic exercise, sitting with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

6/13/18 T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 3# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

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

P. S. lower extremity weakness. Received therapeutic exercise, sitting with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

6/20/18 P. S. lower extremity weakness. Received therapeutic exercise, sitting with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

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

6/27/18 T. S. back pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 3# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

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

P. S. lower extremity weakness. Received therapeutic exercise, sitting with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

M. W. left shoulder pain. Received therapeutic exercise sitting with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

M. S. arthritis. Received therapeutic exercise sitting with 2# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps.

July

7/4/18 Independence Day

7/18/18 P. S. general weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight. 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.

B. L. CVA with right side weakness. Received therapeutic exercise with 2# weight. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening x 20 reps.

M. W. general weakness. Received therapeutic exercise with 3# weight to bilateral upper extremities and bilateral lower extremities, sitting 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. right ankle pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

7/25/18 P. S. general weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight. 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.

T. S. right ankle pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

B. L. CVA with right side weakness. Received therapeutic exercise with 2# weight. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, triceps and biceps strengthening x 20 reps.

M. S. general weakness. Received therapeutic exercise with 3# weight to bilateral upper extremities and bilateral lower extremities x 20 reps, sitting with 2# ankle weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls.

August

8/1/18 T. S. back pain. Received ice pack to lower back, followed by therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 4# weight x 20 reps. Sitting shoulder flexion/extension, shoulder ab/adduction, biceps curls. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.

P. S. general muscle weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight. Sitting shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 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 extremities and lower extremities with 2# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

8/8/18 P. S. general muscle weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight. Sitting shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

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

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

8/15/18 P. S. general muscle weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight. Sitting shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. 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 extremities and lower extremities with 2# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps, shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

M. K. muscle weakness. Received therapeutic exercise to bilateral upper extremities and lower extremities with 3# weight. Hip flexion/extension, hip ab/adduction, short arc quads, ankle pumps, shoulder flexion/extension, and biceps curls x 20 reps.

8/22/18 B. L. right side weakness. Received therapeutic exercise to bilateral upper extremities and lower extremities with 2# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

8/29/18 P. S. general muscle weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 2# weight. Sitting shoulder flexion/extension, shoulder ab/adduction, biceps curls x 20 reps. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

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

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

M. S. general weakness. Received therapeutic exercise to bilateral upper and lower extremities with 4# weight x 20 reps. Sitting shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

September

9/5/18 P. S. general weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

T. S. general weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

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

9/12/18 P. S. general weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

9/19/18 M. W. general weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 3# weight. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

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

9/26/18 K. L. disc bulge C5/C6, C7, L4, L5, S1. Received physical therapy evaluation and home exercise program.

P. S. general weakness. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities with 3# weight x 20 reps. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls.

October

10/3/18 P. S. general weakness. Received therapeutic exercise sitting with 3# ankle weight and 2# dumbbell. 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. Aerobic exercise x 5 minutes.

T. S. general weakness and back pain. Received therapeutic exercise sitting with 4# ankle weight and 3# dumbbell. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

B. L. right side weakness. Received therapeutic exercise with 3# ankle weight and 3# dumbbell sitting. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

M. W. general weakness. Received therapeutic exercise. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps with 4# ankle weight. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

10/10/18 P. S. general weakness. Received therapeutic exercise sitting with 3# ankle weight and 2# dumbbell. 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. Aerobic exercise x 5 minutes.

B. L. right side weakness. Received therapeutic exercise with 3# ankle weight and 3# dumbbell sitting. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

M. W. general weakness. Received therapeutic exercise. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps with 4# ankle weight. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

10/17/18 P. S. general weakness. Received therapeutic exercise sitting with 3# ankle weight and 2# dumbbell. 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. Aerobic exercise x 5 minutes.

B. L. right side weakness. Received therapeutic exercise with 3# ankle weight and 3# dumbbell sitting. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

M. W. general weakness. Received therapeutic exercise. Sitting hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps with 4# ankle weight. 3# dumbbell shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

10/24/18 P. S. general weakness. Received therapeutic exercise sitting with 3# ankle weight and 2# dumbbell. 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. Aerobic exercise x 5 minutes.

T. S. general weakness and back pain. Received therapeutic exercise sitting with 4# ankle weight and 3# dumbbell. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

B. L. right side weakness. Received therapeutic exercise with 3# ankle weight and 3# dumbbell sitting. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

10/31/18 B. L. right side weakness. Received therapeutic exercise with 3# ankle weight and 3# dumbbell sitting. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

T. S. general weakness and back pain. Received therapeutic exercise sitting with 4# ankle weight and 3# dumbbell. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps. Aerobic activity x 5 minutes.

M. S. general weakness. Received therapeutic exercise sitting with 4# ankle weight and 3# dumbbell. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps. Shoulder flexion/extension, shoulder ab/adduction, biceps curls, triceps strengthening x 20 reps.

November

11/14/18 B. L. left side weakness. Received therapeutic exercise to bilateral upper extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps. Therapeutic exercise to bilateral lower extremities with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

11/28/18 B. L. left side weakness. Received therapeutic exercise to bilateral upper extremities with 2# weight. Shoulder flexion/extension, shoulder ab/adduction, and biceps curls x 20 reps. Therapeutic exercise to bilateral lower extremities with 2# weight. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps x 20 reps.

December

12/5/18 T. S. back and leg pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 4# weight. Shoulder flexion/extension, shoulder ab/adduction, and biceps/triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.

B. L. right side weakness. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 2# weight. Sitting shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.

12/12/18 T. S. back and leg pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 4# weight. Shoulder flexion/extension, shoulder ab/adduction, and biceps/triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.

B. L. right side weakness. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 2# weight. Sitting shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.

12/26/18 T. S. back and leg pain. Received therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 4# weight. Shoulder flexion/extension, shoulder ab/adduction, and biceps/triceps strengthening. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.

B. L. right side weakness. Therapeutic exercise to bilateral upper extremities and bilateral lower extremities x 20 reps with 2# weight. Sitting shoulder flexion/extension, shoulder ab/adduction, and biceps curls. Hip flexion/extension, hip ab/adduction, short arc quads, and ankle pumps.