

Harbor Physical Therapy - Initial Evaluation

Patient: Dana Whitlock DOB: 04/12/1979

Date: 3/16/24 Therapist: Kara Lindgren, PT, DPT

Subjective: Low back pain radiating to the left leg and right shoulder pain and weakness lifting the arm since rear-end motor vehicle collision. Pain 7/10.

Objective: reduced range of motion, lumbar and right shoulder. Tender to palpation.

Plan: therapeutic exercise, manual therapy, 2x/week for 8 weeks.

Signature: Kara Lindgren, PT, DPT

Harbor Physical Therapy - Treatment Flow Sheet

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Date	Treatment	Pain	Initials
3/23/24	ther ex + HEP	5/10	KL
3/31/24	ther ex, manual	7/10	KL
4/6/24	ther ex, manual	7/10	KL
9/27/24	ther ex, manual	7/10	KL
10/2/24	ther ex + HEP	6/10	KL

Harbor Physical Therapy

Patient: Dana Whitlock DOB: 04/12/1979 MRN: SYN-480213

Date of service: 10/22/2024 Provider: Kara Lindgren, PT, DPT

Visit type: Discharge summary

Patient attended 5 visits after the initial evaluation. There was a break in care between 04/06/2024 and 09/27/2024, when the patient did not attend.

Status: Goals partly met. Discharged to a home exercise program.

Electronically signed by Kara Lindgren, PT, DPT on 10/22/2024