



## Treatment Recommendation Report

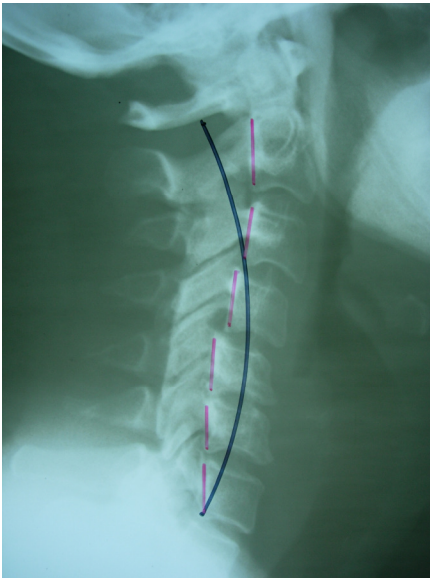
### General Information

**Patient:** Sample Patient #4  
**DOB:** May 06, 1953  
**Exam:** January 03, 2015

### Exam Findings

**Current Degree of Neck Curve:** 2° (Normal: 34° - 42°)  
**Forward Head Posture:** 12mm (Normal: 0-15mm)  
**Current C1 Angle:** 23° (Normal: 29°)

**Your Initial Exam X-Ray**



The x-ray above represents the current level of health of your neck.

**Normal X-Ray**



The x-ray above represents a normal, healthy neck.

### Current Stage of Spinal Degeneration

In stage II of spinal degeneration, the loss of the normal healthy cervical curve is quite visible. The first signs of wear and tear on the spine begin to appear. There is now unequal spacing between the vertebrae at the levels where the spine is most unstable. The first signs of spinal decay are quite obvious, specifically noted by the formation of bone spurs that have now corroded the smooth bony edges of the vertebrae. While discomfort may not be constant, in stage II the patient has usually had numerous episodes of neck pain and headaches. This reversal of the normal healthy cervical curve is typically associated with rapid degenerative arthritic changes, relentless pain, severe headaches, arm pain, numbness, tingling and diminished head and neck motion.



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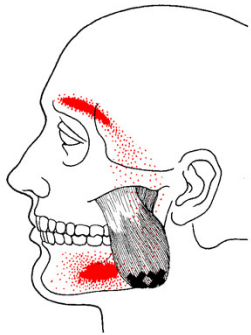
### Orthopedic

**Shoulder Depression** - The Shoulder Depression Test evaluates the current health of the nerves and supportive soft tissues (joints, muscles and ligaments) of the neck. A positive finding can indicate nerve irritation, nerve compression, joint inflammation, muscle strain or any combination of these.

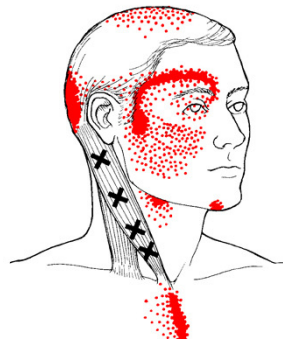
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### Trigger Points

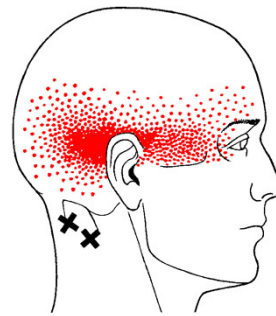
Trigger points are described as small contraction knots in skeletal muscle that elicit local tenderness, referred pain and can also cause a local twitch response in the muscle. Trigger points often arise in muscles that are under extreme stress and fatigue. Upon examination, trigger points were identified in the following muscles or muscle groups. The "X" represents the location of the trigger point in the muscle while the "RED" represents the pain referral zone for that specific trigger point.



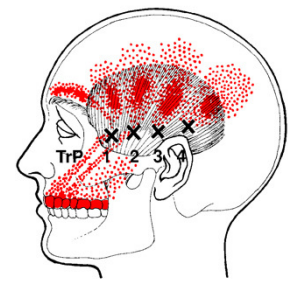
Masseter



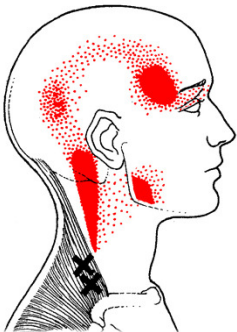
Sternocleidomastoid



Suboccipital



Temporalis



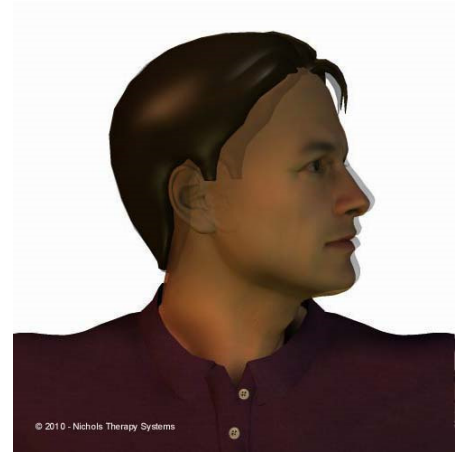
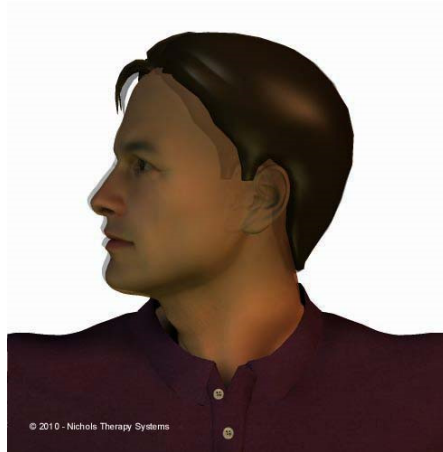
Trapezius



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### Ranges of Motion

The images below depict your specific range of motion restrictions. The dark image is your current ability to move and the ghost image is normal. Our goal is to restore the motion of your neck to within normal limits.





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### Treatment Recommendation

12 treatments (3x / week for 4 weeks) followed by a progress exam, which will determine future treatment recommendations.

The treatments will consist of the following:

- ♦ iTrac Extension Traction Therapy - to restore the cervical curve and reduce forward head posture.
- ♦ Spinal Manipulation - for pain relief and range of motion improvement.
- ♦ Custom treatments - Prescribing doctor can enter recommended elements HERE.

Home Care Recommendations:

- ♦ Ice - The application of cold therapy is an effective method to reduce inflammation and soreness and promote the healing of soft tissues.
- ♦ Prescribed Home Exercises - Prescribing doctor can enter recommended elements HERE.
- ♦ Prescribed Home Stretches - Prescribing doctor can enter recommended elements HERE.
- ♦ Ergonomic Tips - Prescribing doctor can enter recommended elements HERE.