

PROGRESS NOTES - EXCHANGE

Student's Name JANE SMITH

Date of Service 1-24-24

S:// (Patient History)

CC1: Migraine HA

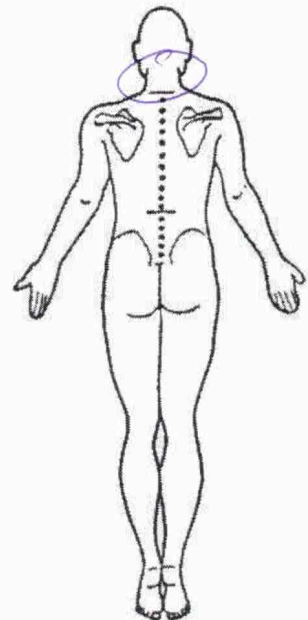
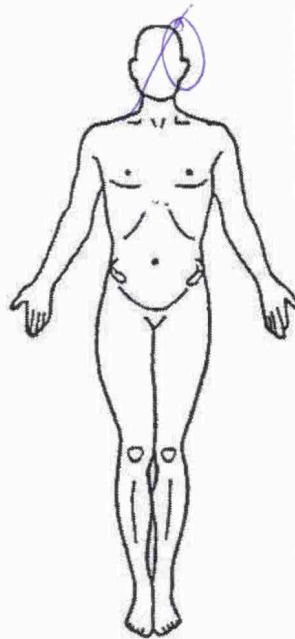
2-4x/wk, L side eye, face, neck
nausea, light/sound sens.
onset early 20's (15 y.a.)
ice/heat help; light/lack of
sleep worse

CC2: Stress

Stressful job, parent
poor sleep
agitation

O:// (Physical Exam):

head lat flex to L
ASIS - R higher
Ant su Rot



Diaphragms:

- ① pelvic - L > R \equiv , unwind
 - ② Resp - HT resp diaph mm, stomach pulled up
 - ③ OA - L > R \equiv
 - ④ thoracic inlet
- Ø hyoid - didn't need

Head:

Vault Hold Assessment: \downarrow flex, expansion L > R
pulled toward L slight

Membranes: Tentorium: V. tight L > R, post release restricted

Falx: frontal/ethmoid \equiv

Quadrants: LL LR UL UR

Bones/Sutures:

sphenoid/ethmoid, sphenoid/frontal, ethmoid/frontal

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A:// (Assessment):

Most important restrictions from above:
L cranium/face, tent, sphenoid

P:// (Plan):

Evaluation of patient b/f tx: First Visit Resolved__ Improved__ Unchanged__ Worse__ New Complaint__

Treatment:

Sacral Base ✓	1 ASIS 2 PSLs 3 L/S	Tentorium ✓ <u>post (L/R)</u>	Falx	Ethmoid ✓	
Pelvis	✓	Ear Pull ✓		Vomer	
Diaphragm	✓	Falx Release ✓		Maxilla	
Thoracic Inlet	✓	Frontal <u>most Rest</u>		Palatines	
Hyoid		Parietal ✓		TMJ	
OA	✓	Temporal ✓			
Upper Ext			Sphenoid ✓	<u>sphenoid to frontal / ethmoid</u>	
Lower Ext					

Additional Details:

↓ active migraine during session
↓ light sensitivity
~~DTG, still~~

Other Tx: DTG, still point

FP: CST 1x/1wk x 3 wk, re-eval after cont ice/heat head, neck, hands/ft

Signature: [Signature]

Date Signed: 1-24-24