

ChiroUp Condition Report & Exercise Plan Rx

Provider: _____ Date: _____

Patient: _____

In-office treatment plan Default

Daily for _____ days

_____ times/week for _____ weeks

% Improvement Goal _____

MD: _____ Referred Yes No

Cervical

- ___ Acute Cervical Torticollis
- ___ Cervical Disc Lesion
- ___ Cervical Hyperextension/ Hyperflexion Injury
- ___ Cervical Radiculopathy
- ___ Cervical Segmental Joint Restriction
- ___ Cervical Spine Stenosis
- ___ Cervical Spondylosis/ DJD/ DDD
- ___ Cervical Sprain/ Strain
- ___ Cervicogenic Headache
- ___ Cervicogenic Vertigo
- ___ Dysfunctional Breathing
- ___ Extension/ Retraction Biased Neck Pain
- ___ Flexion Biased Neck Pain
- ___ Migraine Headache
- ___ Thoracic Outlet Syndrome
- ___ Upper Crossed Syndrome

Thoracic

- ___ Costovertebral Dysfunction
- ___ Dysfunctional Breathing
- ___ Osteoporotic Vertebral Compression Fx
- ___ Scoliosis
- ___ Thoracic Disc Lesion
- ___ Thoracic Outlet Syndrome
- ___ Thoracic Segmental Joint Restriction
- ___ Thoracic Spondylosis
- ___ Upper Crossed Syndrome

Lumbosacral

- ___ Acute Low Back Pain
- ___ Chronic Discogenic LBP
- ___ Dysfunctional Breathing
- ___ Extension Biased LBP
- ___ Flexion Biased LBP
- ___ Hip Abductor Weakness
- ___ Lower Crossed Syndrome
- ___ Lumbar Disc Lesion
- ___ Lumbar Facet Syndrome
- ___ Lumbar Radiculopathy
- ___ Lumbar Segmental Joint Restriction
- ___ Lumbar Spondylolisthesis- Type II Isthmic
- ___ Lumbar Spondylolisthesis- Type III Deg.
- ___ Lumbar Spondylolysis
- ___ Lumbar Spondylosis/ DJD/ DDD
- ___ Lumbar Sprain/ Strain
- ___ Lumbar Stenosis
- ___ Pregnancy Related Low Back Pain
- ___ Sacroiliac Joint Dysfunction
- ___ Spinal Instability

Shoulder

- ___ A/C Joint Sprain
- ___ Adhesive Capsulitis
- ___ Axillary Neuropathy
- ___ Biceps Tendinopathy- Proximal
- ___ Clavicle Fracture
- ___ Glenohumeral Dislocation
- ___ Long Thoracic Neuropathy
- ___ Rotator Cuff Strain/ Tendinopathy
- ___ Scapular Dyskinesia
- ___ Shoulder Anterior Impingement Syndrome
- ___ SLAP Lesion
- ___ Spinal Accessory Neuropathy
- ___ Suprascapular Neuropathy
- ___ Thoracic Outlet Syndrome
- ___ Upper Crossed Syndrome

Elbow

- ___ Cubital Tunnel Syndrome
- ___ Lateral Epicondylopathy
- ___ Little League Elbow
- ___ Medial Epicondylopathy
- ___ Pronator Teres Syndrome
- ___ Radial Tunnel Syndrome

Hand and Wrist

- ___ Carpal Tunnel Syndrome
- ___ DeQuervain's Stenosing Tenosynovitis
- ___ Hand Osteoarthritis
- ___ Pronator Teres Syndrome
- ___ Radial Tunnel Syndrome

Other

- ___ Benign Paroxysmal Positional Vertigo
- ___ Dysfunctional Breathing
- ___ Fibromyalgia
- ___ Foot Hyperpronation
- ___ Hip Abductor Weakness
- ___ Lower Crossed Syndrome
- ___ Migraine Headache
- ___ Mild Traumatic Brain Injury (mTBI)
- ___ Osteoporotic Vertebral Compression Fx
- ___ Scapular Dyskinesia
- ___ Scoliosis
- ___ Temporomandibular Disorder
- ___ Upper Crossed Syndrome

Hip

- ___ Adductor Strain
- ___ Femoroacetabular Impingement (FAI)
- ___ Gluteal Tendinopathy
- ___ Greater Trochanteric Pain Syndrome
- ___ Hamstring Strain
- ___ Hip Abductor Weakness
- ___ Hip Osteoarthritis
- ___ Lower Crossed Syndrome
- ___ Meralgia Paresthetica
- ___ Piriformis Syndrome
- ___ Psoas Tendinopathy

Knee

- ___ Chondromalacia Patellae
- ___ Fibular Head Joint Dysfunction
- ___ Iliotibial Band Syndrome
- ___ Knee Osteoarthritis- Tibiofemoral
- ___ Knee Sprain- Collateral Ligament
- ___ Medial Tibial Stress Syndrome
- ___ Meniscus Injury
- ___ Osgood-Schlatter Disease
- ___ Patellar/ Quadriceps Tendonopathy
- ___ Patellofemoral Pain Syndrome
- ___ Pes Anserine Bursitis
- ___ Popliteal Cyst

Foot and Ankle

- ___ Achilles Tendinopathy
- ___ Foot Hyperpronation
- ___ Lateral (Inversion) Ankle Sprain
- ___ Medial (Eversion) Ankle Sprain
- ___ Medial Tibial Stress Syndrome
- ___ Morton's Neuroma
- ___ Plantar Fasciitis
- ___ Posterior Tibial Tendon Dysfunction
- ___ Severs Disease
- ___ Syndesmotc Ankle Sprain
- ___ Tarsal Tunnel Syndrome
- ___ Turf Toe

Questions? Contact us.
Support@ChiroUp.com
(844) 462-4476