

# 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 Dyskinesis
- 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 Dyskinesis
- 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
- Syndesmotric Ankle Sprain
- Tarsal Tunnel Syndrome
- Turf Toe

Questions? Contact us.  
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