To:

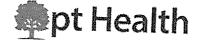
FAX

Date 2023-02-27		
Number of pages including cover sheet: 53		
То:	From:	
	(eFax) pt l	Health Gladstone

Phone	Phone	(647) 498-6546 * 97045
Fax Phone (902) 755-2813	Fax Pho	ne 19024298338
REMARKS:		

Attn: Leslie Whynott File ref #14502

D Macdonald Chart Copy



To:

Bill To:

MacGillivray Injury and Insurance Law 134 Provost St., PO Box 753 New Glasgow, Nova Scotla B2H 5G2

Attention: Leslie Whynott

pt Health and Wellness Centre Gladstone Halifax

2751 Gladstone St, Unit 8 Halifax, Nova Scotia B3K 4W6 Phone: (902) 492-4791

Fax: (902) 429-8338

Invoice Number:

132.3849279.32

Invoice Date:

03-Feb-2023

Client Name:

Danielle MacDonald

Date of Injury:

17-Aug-2022

Diagnosis:

41 Concussion

Neck

MVA Physiotherapy Concussion TX

Area of Injury:

Primary Therapist: P.Trivedi (PT) Registered Physiotherapist (002126)

Service Date Provider Description Our Fee Your Portion 03-Feb-2023 Purva Trivedi (PT,002126,Registered Physiotherapist) Copy of Patient Records \$36.80 \$36.80 Total this Invoice: \$36.80 \$36.80 FOR PAYMENT BY CHEQUE: Please make payable to pt Health and Wellness Centre Gladstone Halifax and quote the invoice number on your payment as a reference. Balance is due upon receipt. Thank You. Next Appointment(s): 3:00 PM Monday February 6, 2023

Purva Trivedi

Page: 3 of 53





Madison Veinotte

mveinotte@macgillivraylaw.com Paralegal, Leslie Whynott lwhynott@macgillivraylaw.com

134 Provost Street PO Box 753 New Glasgow, NS B2H 5G2 Ph: (902) 755-0398

Fax: (902) 755-2813

File Reference: 14502

January 30, 2023

VIA FAX: (902) 429-8338

pt Health 2751 Gladstone Street Halifax NS B3K 4W6

Dear Sir/Madame:

RF:

Our Client:

Danielle Jessie MacDonald

Date of Birth: Date of Loss:

February 20, 1993 August 17, 2022

Please be advised that we represent Danielle Jessie MacDonald in relation to a personal injury claim. Could you please provide us with a copy of Ms. MacDonald's complete chart from January 01, 2017 to the present? Enclosed is an authorization for your records.

We regret the inconvenience and disruption that this type of request causes your office. However, it is necessary that we obtain this information in order to further Ms. MacDonald's claim. We will cover your account for the administrative time and copying expense upon receipt.

If there is anything else we can do to make matters easier please let us know. We look forward to hearing from you and thank you in advance for your attention to this matter.

Yours truly,

MACGILLIVRAY LAW

Leslie Whynott

on behalf of Madison Veinotte

lwhynott@macgillivraylaw.com

lie Whynath

Paralegal MV/law

Enclosure

Authorization

†Please direct replies to New Glasgow office.

30-Jan-2023 15:22

Vinesign Document ID: 7CFC5927-814B-47C0-B2B9-A96481335C3F

+19024298338

To:

AUTHORIZATION FOR THE RELEASE OF CONFIDENTIAL INFORMATION

TO: ANY PERSON OR INSTITUTION

I do hereby authorize you to release to my solicitors, MacGillivray Law Office Inc., any and all information, written or otherwise, and of any nature whatsoever, which may be in your possession or under your control and which they may require, including but not limited to the following:

- · entire medical charts
- entire psychiatric / psychological charts
- income tax returns and notices of assessment
- business / financial / insurance records
- records of employment and employment files
- records of educational history / academic records
- records in the possession or control of any government department, office or
 agency and for so doing, let this be good and sufficient discharge, and evidence
 my consent pursuant to sections 8(1), 12(1), of the Privacy Act, c. 21.

THIS document certifies that MacGillivray Law Office, as my personal solicitors, has full authority to obtain any document from any institution that is deemed necessary for the proper conduct of my affairs and I am providing you with my personal authority pursuant to all legislation, provincial and federal, including the *Privacy Act*, c. 21.

DATED _____10/25/2022

Danielle Jessie MacDonald

From: (eFax) pt Health Gladst Fax: 19024298338 To:

Fax: (902) 755-2813

Page: 5 of 53

2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

MacDonald, Danielle

Client

DOB

Appointment

Service

Treating Professional

1993-02-20

2023-02-02 14:15 (15)

MVA Physiotherapy Concussion TX

meaning Professi

Trivedi, Purva

Case 132.3849279 Physician

Referrer

Clinical SOAP Note

Massage Therapy

Physiotherapy

Chiropractic

Occupational Therapy

Other

Obtained patient's consent for:

Treatment

Acupuncture

Spinal

Manipulation

Obtained patient's consent for use of support personnel

Name of student

Vruksha Rakholiya

Obtained patient's consent for treatment completed by a student

Name of student

Subjective

Progressing well.

Headaches are subsiding now.

Objective

Assessment

VOMS:

Visual tracking: uncomfortable; induces headache like

symptoms

convergence: triggers headache; distance 18 inches

Treatment

TDN 0.3x30 UFT, LS, inf obl cap, SS - linear pistoning

Manual Therapy: Suboccip release c-sp traction UFT, LS stretches

Exercises: C-sp AROM UFT, LS stretches chin tucks

scalene, SCM stretch

Visual tracking exercises Balance exercises

Convergence exercises: Brock string

Modalities: IFC + MH From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 6 of 53 2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St. Halifax, NS, Tel.:(902) 492-4791

Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-02-02 14:15 (15) MVA Physiotherapy Concussion TX

Treating Professional Case Physician Referrer

Trivedi, Purva 132.3849279

Education: Concussion Ed

pacing and planning of the day

Tinted glasses Binasal occlusion

Noise cancelling headphones while outside

Brown noise for sleep

night mode on phone and computer screen
See OT for pacing and planning of the daily routine

Analysis

WAD II + Concussion

Patient tolerated treatment well.

Checked for Modalities contraindications. None identified.

Checked skin before and after application, no issues noted.

No complaints reported with any of the exercises or MT at the end of the visit.

Plan

3/wk FU

Signature

Professional

Purva Trivedi, Physiotherapist Electronically signed on

2023-02-02

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 7 of 53 2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St. Halifax, NS, Tel.:(902) 492-4791

Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-02-02 13:15 (60) MVA O:

MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

· Arsenault, Sophie 132.3849279

Subjective

Today at Work was Horrible

Due to Lights/Noised and People/Computer

Around 11, a whole wave hot her

3rd time going to bathroom-shes on 4th floor bathroom on 3rd-stairs- causing the nausea

saw Naturopath - will help in 3 weeks

Nicole (OT) today- Put her on same schedule next week/no increase until can make it a full day

Ni txts til today- Until Yesterday morning things going well- a wave of all the concussion came out/titerd/sluggish/Brain fog

Started eye heat pad-twinching less at night

Hearing/Ringing comes and goes- Somethimes loud some quiet- nithing triigeers

Swimming Swimming great- Aqua Zoomba- Once a week

First half day at work/in office- Everyday does half day/for two days does half day in office/same next week/On Tuesday & Thursday

Was a horrible day

DUE TOO

Double screen - too much- Unplugged one

The sun to bright- closed curtains/ moved all the furniture away from Sun

Stairs- Did one flight, had to take a few minute break between flights

Emailed OT- about lumbar pillow- couldn't get comfotable enough to get in the right position, in work chair = pain/discomfort started at neck

Also Emailed her about getting- Shoulder straps/ again neck/posture was horrible

830-noon and went home - lied down right away

Started feeling dizzy and nauseous around 930, by 10 everything was moved around

Went home to lie down

Felt like vomiting until about 1:00pm

RIGHT NOW FEELING

Tirec

Headache- left temporal area/was shooting towards eye- took aleve

Sluggish

Went swimming again/aqua size ish (teacher didn't show)

Lasted about 30 minutes

Until slowed the paste and saw the water moving

TODAY

Work on head

From: (eFax) pt Health Gladst Fax: 19024298338 Fax: (902) 755-2813 Page: 8 of 53 2023-02-27 8:13 AM To:

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

Client DOB **Appointment** Service

MacDonald, Danielle 1993-02-20 2023-02-02 13:15 (60) MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

Eye started twitching again at night

Glasses are helping throught out day - Headaches less often, Less tired, Able to Stare at computer longer

Was able to go to mall with loop ear pods, however got tired after two stores

Can go out now and do things more often, however exhaustion still there

Did swim on Saturday- Loved it, but went on a very loud day/kids

Can't scuba dive until glasses are off

Recently Noticed - That when Picking up from ground, going on escalator, or down stairs = Their is A feeling of wooziness = **VAGUS**

Uses = heat

Feeling pretty good

Ears are quiet/the constant dull ring has gone- is back to just the right side/dull low sound

Jaw left side/is pulling to the left/sore/

Eyes better with glasses/but not the sunglasses clip onss/they still feel off- can't wear them

Sleeping better

Consistant with the 3 1/2km of daily walking for about the last ten days

Neck still stiff, but feels an actual relief - The Right worse= there is crunching happening, which never was a thing, most likely

loosening

Stretching Neck will cause relief now - never did before

Tired this week- First week back at work/8-12 all week (Working from home)

Eyes are sore and tired/from screen by end of day

Needs a break during work day/leaves desk and stetches/takes about ten minutes

Starts to hurt/feel tired near the end of 3hr shift

Starts with Eyes being sore, then nausia/ when walks away that feeling goes away, after the 10 minutes

Was able to read 20 pages in a book- for the first time ever- reading was the worse/unable to do action, at all

Is going to try Swimming on the weekend-open swim

GOT special ear plugs

BRAND Loop

Name type = Experience - reduces decimal level- reducing back round noise making possible only hear person in front of them

(Was able to go to a 20 people party, without being overwhelmed or exhausted)

BRAND Loop

Name type = No noise cancels all noise = uses it for sleep

IS Sleeping much better, has been wearing them since boxing day= wakes uo feeling refreshed

Work=WAS TO MUCH

=Stairs/4th floor/printer & bathroom 3rd floor=too much up and down

=2 screen/going betweeen the two- caused to be really nautious-had to unplug one

= Laud Echo

Went back a day/was too much OT, changed it to working at home

Right now 4hrs a week-for two weeks -weds & fri

Monday-Weds & Frida- after that for a week, d=f or a couple of hours

Mond weds frid for 4hrs/8-1030 After that

From: (eFax) pt Health Gladst Fax: 19024298338 Fax: (902) 755-2813 Page: 9 of 53 2023-02-27 8:13 AM To:

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

Client DOB Appointment

Service MacDonald, Danielle 1993-02-20 2023-02-02 13:15 (60)

MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

August 17 2022 -driver

Bottom of hill- Middle car between two cars

Car behind hit her pretty hard /she hit right side of orbital bone on stearing wheal - air bags didn't deploy

Front end of car & Rear end were pretty smooshed in- had to tow it away

All symptoms are still there

Sounds sensitivity- all the time- especially multiple if sounds- at once - causing pressure - ear plugs- when you go out

Less TV- Less music

Nautious all the time/but worse when doing stuff- no puking

Light sensitivity- not all the time - can open curtains now- when light start to change

Headaches- harder to tell if from neck causes HA- the dry needling helps a lot - once in a while (2 3 times a week) shooting pain

behind left eye- continous

Right eye shakes while reading

Tired all the time - always sluggish

Tinnitus - crazy- both sides - right more, then left

Sore jaw - locked up- one day- now it cracks and tension

sleep-just started the last two weeks get more sleep (pre 2-3 hrs a night) now about 7

MEDS- Advil & Tylenol- went its a bad ache- when can't sleep - due to neck

Driving- causing anxiety- worse passenger

Is now getting anxious - is working with pshy- was anxious before, worse now since accident

Grinding or clenching - yes both - worse now - mostly while sleeping and driving

Birth control

NERVE STUFF

Had some down arm first few days - haven't noticed since

DIGESTION

Never great- Saw Naturopath- Probiotic

Acid stuff

Bowels- Stuff goes right through

XRAYed - in belly in high school = all good

Wet poop- frequent- liquid side - can spend two hours in bathroom, when having a bowel

Sour smell- stomac upset at random times now - epecially after accident

Anxiety-

Gets attack

anxiety triggered- feels like a vibration- deep breathing to help

constricted in ribs

Bladder good

No kids

Lawyer- Since June

SEES

Physio

OT

From: (eFax) pt Health Gladst Fax: 19024298338 pt Health and Wellness Centre Gladstone Halifax

To:

Fax: (902) 755-2813

Page: 10 of 53

2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

Client

DOB

Appointment

Service

MacDonald, Danielle

1993-02-20

2023-02-02 13:15 (60)

MVA Osteopath Treatment - 60

Treating Professional

Physician

minutes Referrer

Arsenault, Sophie

Case

132.3849279 .

Psych

OTHER ACCIDENTS

2020 rear ended someone- Hip and lower back pain= Saw Chiro for year, good after that

Objective

Pain Inflammation

Rotation

Short

Elevation

Long

Other

Comments

Treatment

Area(s) Treated

Neck	
Shoulder R	
Lower arm L	
Hand R	
Viscera	
Low Back	
Hip R	

Head/ Cranium	
Shoulder L	
Elbow R	
 Hand L	
Upper Back	
 Upper T line	
Hip L	

race	
Upper arm R	
Elbow L	
Abdominals	
Mid Back	
Lower T line	1
Knee R	

pt Health and Wellness Centre Gladst	tone Halifax, 2751 Gladstor	ne St, Halifax, NS, Tel.:(902) 492-4791			
Client	DOB	Appointment	Service		
MacDonald, Danielle	1993-02-20	2023-02-02 13:15 (60)	MVA Osteopath Treatment - 60 minutes		
Treating Professional	Case	Physician	Referrer		
Arsenault, Sophie 132.3849279					
11		~ p y ~ ~ ~ &	w for her or a sign		
Lower leg	R	Lower leg L	Ankle R		
Ankle L		Feet R	Feet L		
Superficia		Intermediate	Deep		
Other					
Head/Scalp/Face DID MOR RIBS/STERNUM					
Technique(s) Used	;				
General treatr	nent	Direct technique	Indirect technique		
Myofascial rel	ease	Myofascial unwinding	Strain counterstain		
Sensorial treat	ment	Articulation	Spinal adjustment		
Reciprocal inhil	bition	Post isometric relaxation	Muscle energy		
Facilitated position	al release	Balanced Ligamentous tension	Ligamentous Articular strain		
Compactio	n	Decompaction	Body adjustment		
Craniosacral trea	atment	Other			
		G.O.T.			
Positioning					
Prone		Supine	Side lying		
Side roll		Seated	Standing		
Analysis					
Main focus was neck- ante	erior posterior				
Jaw					
Cranium Stenum/chest/ribs					
LactionAmesAmes					

To:

Fax: (902) 755-2813

Plan

From: (eFax) pt Health Gladst Fax: 19024298338

pt Health and Wellness Centre Gladstone Halifax

Page: 11 of 53 2023-02-27 8:13 AM

rom: (eFax) pt Health Gladst Fax: 19024298338 of Health and Wellness Centre Gladstone Halifax		To: Fax: (902) 755-2813			Page: 12 of 53	2023-02-27 8:13 AM
nt Health and Wellness Centre Glac	Istone Halifax, 2751 Glads	tone St. Halifax, NS. 1	Fel.:(902) 492-4791			
Client MacDonald, Danielle	DOB 1993-02-20		Appointment	Service		
reating Professional elly, Nicole	Case		Physician	Referre	y *	
Corresponde	nce Form					

Clinician PT RMT OT Chiro KIN/PTA Other Correspondence to Employer Client Adjustor Clinician Doctor Other Correspondence by Email Phone In-person Summary/Comments

Professional
Nicole Kelly, Occupational Therapist
Electronically signed on
2023-01-27

Left message with adjuster recommending an ergonomic assessment.

Client: MacDonald, Danielle; Claim No.: Q8065627

From: (eFax) pt Health Gladst Fax: 19024298338 Fax: (902) 755-2813 Page: 13 of 53 2023-02-27 8:13 AM To:

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St., Halifax, NS, Tel.:(902) 492-4791

Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-01-24 14:30 (60) MVA Osteopath Treatment - 60

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

Subjective

First half day at work/in office- Everyday does half day/for two days does half day in office/same next week/On Tuesday &

Thursday

Was a horrible day

DUE TOO

Double screen - too much- Unplugged one

The sun to bright- closed curtains/ moved all the furniture away from Sun

Stairs- Did one flight, had to take a few minute break between flights

Emailed OT- about lumbar pillow- couldn't get comfotable enough to get in the right position, in work chair = pain/discomfort started at neck

Also Emailed her about getting- Shoulder straps/ again neck/posture was horrible

830-noon and went home - lied down right away

Started feeling dizzy and nauseous around 930, by 10 everything was moved around

Went home to lie down

Felt like vomiting until about 1:00pm

RIGHT NOW FEELING

Headache- left temporal area/was shooting towards eye- took aleve

Sluggish

Went swimming again/aqua size ish (teacher didn't show)

Lasted about 30 minutes

Until slowed the paste and saw the water moving

TODAY

Work on head

Eye started twitching again at night

Glasses are helping throught out day - Headaches less often, Less tired, Able to Stare at computer longer

Was able to go to mall with loop ear pods, however got tired after two stores

Can go out now and do things more often, however exhaustion still there

Did swim on Saturday- Loved it, but went on a very loud day/kids

Can't scuba dive until glasses are off

Recently Noticed - That when Picking up from ground, going on escalator, or down stairs = Their is A feeling of wooziness = **VAGUS**

Uses = heat

Feeling pretty good

Ears are quiet/the constant dull ring has gone- is back to just the right side/dull low sound

Jaw left side/is pulling to the left/sore/

Eyes better with glasses/but not the sunglasses clip onss/they still feel off- can't wear them

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 14 of 53 2023-02-27 8:13 AM

· pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St. Halifax, NS, Tel. (902) 492-4791

Client DOR

Client DOB Appointment Service
MacDonald, Danielle 1993-02-20 2023-02-24 14:30 (50)

Donald, Danielle 1993-02-20 2023-01-24 14:30 (60) MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132,3849279

Consistant with the 3 1/2km of daily walking for about the last ten days

Neck still stiff, but feels an actual relief - The Right worse= there is crunching happening, which never was a thing, most likely

loosening

Stretching Neck will cause relief now - never did before

Tired this week- First week back at work/8-12 all week (Working from home)

Eyes are sore and tired/from screen by end of day

Needs a break during work day/leaves desk and stetches/takes about ten minutes

Starts to hurt/feel tired near the end of 3hr shift

Starts with Eyes being sore, then nausia/ when walks away that feeling goes away, after the 10 minutes

Was able to read 20 pages in a book- for the first time ever- reading was the worse/unable to do action, at all

Is going to try Swimming on the weekend-open swim

GOT special ear plugs

BRAND Loop

Name type = Experience - reduces decimal level- reducing back round noise making possible only hear person in front of them (Was able to go to a 20 people party, without being overwhelmed or exhausted)

BRAND Loop

Name type = No noise cancels all noise = uses it for sleep

IS Sleeping much better, has been wearing them since boxing day= wakes uo feeling refreshed

Work=WAS TO MUCH

=Stairs/4th floor/printer & bathroom 3rd floor=too much up and down

=2 screen/going betweeen the two- caused to be really nautious-had to unplug one

= Loud Echo

Went back a day/was too much OT, changed it to working at home

Right now 4hrs a week-for two weeks -weds & fri

Monday-Weds & Frida- after that for a week, d=f or a couple of hours

Mond weds frid for 4hrs/8-1030 After that

August 17 2022 -driver

Bottom of hill- Middle car between two cars

Car behind hit her pretty hard /she hit right side of orbital bone on stearing wheal - air bags didn't deploy

Front end of car & Rear end were pretty smooshed in- had to tow it away

All symptoms are still there

Sounds sensitivity- all the time- especially multiple if sounds- at once - causing pressure - ear plugs- when you go out

Less TV- Less music

Nautious all the time/but worse when doing stuff- no puking

Light sensitivity- not all the time - can open curtains now- when light start to change

Headaches- harder to tell if from neck causes HA- the dry needling helps a lot - once in a while (2.3 times a week) shooting pain

behind left eye- continous

Right eye shakes while reading

Tired all the time - always sluggish

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 15 of 53 2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St. Halifax, NS, Tel.:(902) 492-4791

Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-01-24 14:30 (60) MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

Sore jaw - locked up- one day- now it cracks and tension

sleep- just started the last two weeks get more sleep (pre 2-3 hrs a night) now about 7

MEDS- Advil & Tylenol- went its a bad ache- when can't sleep - due to neck

Driving- causing anxiety- worse passenger

Is now getting anxious - is working with pshy- was anxious before, worse now since accident

Grinding or clenching - yes both - worse now - mostly while sleeping and driving

Birth control

NERVE STUFF

Had some down arm first few days - haven't noticed since

DIGESTION

Never great- Saw Naturopath- Probiotic

Acid stuff

Bowels- Stuff goes right through

XRAYed - in belly in high school = all good

Wet poop- frequent- liquid side - can spend two hours in bathroom, when having a bowel

Sour smell- stomac upset at random times now - epecially after accident

Anxiety-

Gets attack

anxiety triggered- feels like a vibration- deep breathing to help

constricted in ribs

Bladder good

No kids

Lawyer- Since June

SEES

Physio

OT

Naturopath

Psych

OTHER ACCIDENTS

2020 rear ended someone- Hip and lower back pain= Saw Chiro for year, good after that

Objective

Pain Rotation Short
Inflammation Elevation Long
Other

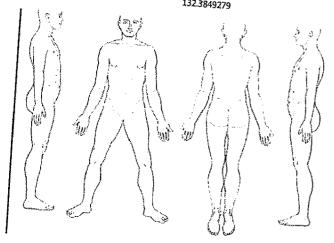
Comments

, pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

DOB MacDonald, Danielle Appointment 1993-02-20

Service 2023-01-24 14:30 (50) Treating Professional MVA Osteopath Treatment - 60 Case

Arsenault, Sophie minutes Physician 132.3849279 Referrer



Treatment Area(s) Treated Neck Head/ Cranium Face Shoulder R Shoulder L Upper arm R Lower arm L Elbow R Elbow L Hand R Hand L Abdominals Viscera Upper Back Mid Back Low Back Upper T line Lower Tline Hip R Hip L Knee R Knee L Upper leg R Upper leg L Lower leg R Lower leg L Ankle R Ankle L Feet R Feet L Superficial Intermediate Deep Other Head/Scalp/Face DID MORE FOCUS ON RIBS/STERNUM Technique(s) Used General treatment Direct technique Indirect technique

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 17 of 53 2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

nt Health and Wellness Centre Gladrinon Malifor, 2753 Cladrinon Califolism bit. Tel. (000), and area.

Side roll Scotch . Standing

Analysis

Main focus was neck- anterior posterior Jaw Cranium Stenum/chest/ribs

Plan

Professional
Sophie Arsenault, Osteopath
Electronically signed on
2023-01-25

From: (eFax) pt Health Gladst Fax: 19024298338 pt Health and Wellness Centre Gladstone Halifax

To:

Fax: (902) 755-2813

Page: 18 of 53

2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

. Client

DOB

Appointment

Service

MacDonald, Danielle

1993-02-20

2023-01-24 13:45 (15)

MVA Physiotherapy Concussion TX

Treating Professional

Case

Physician

Referrer

Trivedi, Purva

132.3849279

Clinical SOAP Note

Massage Therapy

Physiotherapy

Chiropractic

Occupational Therapy

Other

Obtained patient's consent for:

Treatment

Acupuncture

Spinal

Manipulation

Obtained patient's consent for use of support personnel

Name of student

Vruksha Rakholiya

Obtained patient's consent for treatment completed by a student

Name of student

Subjective

Progressing well.

Headaches are subsiding now.

Objective

Assessment

VOMS:

Visual tracking: uncomfortable; induces headache like

convergence: triggers headache; distance 18 inches

Treatment

TDN 0.3x30 UFT, LS, inf obl cap, SS - linear pistoning

Manual Therapy: Suboccip release c-sp traction **UFT, LS stretches**

Exercises: C-sp AROM UFT, LS stretches chin tucks scalene, SCM stretch

Visual tracking exercises Balance exercises

Convergence exercises: Brock string

Modalities: IFC + MH

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 19 of 53

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

Client DOB Anno

MacDonald, Danielle 1993-02-20

Treating Professional Case
Trivedi, Purva 132.3849279

Appointment Service

2023-01-24 13:45 (15) MVA Physiotherapy Concussion TX

2023-02-27 8:13 AM

Physician Referrer

Education:
Concussion Ed
pacing and planning of the day

Tinted glasses Binasal occlusion

Noise cancelling headphones while outside

Brown noise for sleep

night mode on phone and computer screen
See OT for pacing and planning of the daily routine

Analysis

WAD II + Concussion

Patient tolerated treatment well.

Checked for Modalities contraindications. None identified.

Checked skin before and after application, no issues noted.

No complaints reported with any of the exercises or MT at the end of the visit.

Plan

3/wk FU

Signature

Professional

Purva Trivedi, Physiotherapist Electronically signed on

2023-01-24

Client: MacDonald, Danielle; Claim No.: Q8065627

From: (eFax) pt Health Gladst Fax: 19024298338

To:

Fax: (902) 755-2813

Page: 20 of 53

2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

Client

DOB

Appointment

Service

Referrer

MacDonald, Danielle

1993-02-20

2023-02-02 14:15 (15)

MVA Physiotherapy Concussion TX

Treating Professional

Case

Physician

·······y and the rapy Concussion

Trivedi, Purva

132.3849279

Clinical SOAP Note

Massage Therapy

Physiotherapy

Chiropractic

Occupational Therapy

Other

Obtained patient's consent for:

Treatment

Acupuncture

Spinal

Manipulation

Obtained patient's consent for use of support personnel

Name of student

Vruksha Rakholiya

Obtained patient's consent for treatment completed by a student

Name of student

Subjective

Progressing well.

Headaches are subsiding now.

Objective

Assessment

VOMS:

Visual tracking: uncomfortable; induces headache like

symptoms

convergence: triggers headache; distance 18 inches

Treatment

TDN 0.3x30 UFT, LS, inf obl cap, SS - linear pistoning

Manual Therapy:

Suboccip release

c-sp traction

UFT, LS stretches

Exercises:

C-sp AROM

UFT, LS stretches

chin tucks

scalene, SCM stretch

Visual tracking exercises

Balance exercises

Convergence exercises: Brock string

Modalities:

IFC + MH

From: (eFax) pt Health Gladst Fax: 19024298338

To:

Fax: (902) 755-2813

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2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

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Client

Treating Professional

MacDonald, Danielle

Trivedi, Purva

DOB

1993-02-20

Case

132.3849279

Appointment

2023-02-02 14:15 (15)

Service

MVA Physiotherapy Concussion TX

Physician

Referrer

Education: Concussion Ed

pacing and planning of the day

Tinted glasses Binasal occlusion

Noise cancelling headphones while outside

Brown noise for sleep

night mode on phone and computer screen

See OT for pacing and planning of the daily routine

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WAD II + Concussion

Patient tolerated treatment well.

Checked for Modalities contraindications. None identified.

Checked skin before and after application, no issues noted.

No complaints reported with any of the exercises or MT at the end of the visit.

Plan

3/wk FU

Signature

Professional

Purva Trivedi, Physiotherapist Electronically signed on

2023-02-02

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 22 of 53 2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

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Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-02-02 13:15 (60) MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132,3849279

Subjective

Today at Work was Horrible

Due to Lights/Noised and People/Computer

Around 11, a whole wave hot her

3rd time going to bathroom-shes on 4th floor bathroom on 3rd- stairs- causing the nausea

saw Naturopath - will help in 3 weeks

Nicole (OT) today- Put her on same schedule next week/no increase until can make it a full day

Ni txts til today- Until Yesterday morning things going well- a wave of all the concussion came out/titerd/sluggish/Brain fog Started eye heat pad-twinching less at night

Hearing/Ringing comes and goes- Somethimes loud some quiet- nithing triigeers

Swimming Swimming great- Aqua Zoomba- Once a week

First half day at work/in office- Everyday does half day/for two days does half day in office/same next week/On Tuesday & Thursday

Was a horrible day

DUE TOO

Double screen - too much- Unplugged one

The sun to bright- closed curtains/ moved all the furniture away from Sun

Stairs- Did one flight, had to take a few minute break between flights

Emailed OT- about lumbar pillow- couldn't get comfotable enough to get in the right position, in work chair = pain/discomfort started at neck

Also Emailed her about getting- Shoulder straps/ again neck/posture was horrible

830-noon and went home - lied down right away

Started feeling dizzy and nauseous around 930, by 10 everything was moved around

Went home to lie down

Felt like vomiting until about 1:00pm

RIGHT NOW FEELING

Tired

Headache- left temporal area/was shooting towards eye- took aleve Sluggish

Went swimming again/aqua size ish (teacher didn't show)

Lasted about 30 minutes

Until slowed the paste and saw the water moving

TODAY

Work on head

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pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-02-02 13:15 (60) MVA Osteopath Treatmen

20 2023-02-02 13:15 (60) MVA Osteopath Treatment - 60 minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

Eye started twitching again at night

Glasses are helping throught out day - Headaches less often, Less tired, Able to Stare at computer longer

Was able to go to mall with loop ear pods, however got tired after two stores

Can go out now and do things more often, however exhaustion still there

Did swim on Saturday- Loved it, but went on a very loud day/kids

Can't scuba dive until glasses are off

Recently Noticed - That when Picking up from ground, going on escalator, or down stairs = Their is A feeling of wooziness = VAGUS

Uses = heat

Feeling pretty good

Ears are quiet/the constant dull ring has gone- is back to just the right side/dull low sound

Jaw left side/is pulling to the left/sore/

Eyes better with glasses/but not the sunglasses clip onss/they still feel off- can't wear them

Sleeping better

Consistant with the 3 1/2km of daily walking for about the last ten days

Neck still stiff, but feels an actual relief - The Right worse= there is crunching happening, which never was a thing, most likely loosening

Stretching Neck will cause relief now - never did before

Tired this week- First week back at work/8-12 all week (Working from home)

Eyes are sore and tired/from screen by end of day

Needs a break during work day/leaves desk and stetches/takes about ten minutes

Starts to hurt/feel tired near the end of 3hr shift

Starts with Eyes being sore, then nausia/ when walks away that feeling goes away, after the 10 minutes

Was able to read 20 pages in a book- for the first time ever- reading was the worse/unable to do action, at all

Is going to try Swimming on the weekend-open swim

GOT special ear plugs

BRAND Loop

Name type = Experience - reduces decimal level- reducing back round noise making possible only hear person in front of them

(Was able to go to a 20 people party, without being overwhelmed or exhausted)

BRAND Loop

Name type = No noise cancels all noise = uses it for sleep

IS Sleeping much better, has been wearing them since boxing day= wakes uo feeling refreshed

Work=WAS TO MUCH

=Stairs/4th floor/printer & bathroom 3rd floor=too much up and down

=2 screen/going betweeen the two- caused to be really nautious-had to unplug one

= Loud Echo

Went back a day/was too much OT, changed it to working at home

Right now 4hrs a week-for two weeks -weds & fri

Monday-Weds & Frida- after that for a week, d=f or a couple of hours

Mond weds frid for 4hrs/8-1030 After that

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 24 of 53 2023-02-27 8:13 AM

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Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-02-02 13:15 (60) MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

August 17 2022 -driver

Bottom of hill- Middle car between two cars

Car behind hit her pretty hard /she hit right side of orbital bone on stearing wheal - air bags didn't deploy

Front end of car & Rear end were pretty smooshed in- had to tow it away

All symptoms are still there

Sounds sensitivity- all the time- especially multiple if sounds- at once - causing pressure - ear plugs- when you go out

Less TV- Less music

Nautious all the time/but worse when doing stuff- no puking

Light sensitivity- not all the time - can open curtains now- when light start to change

Headaches- harder to tell if from neck causes HA- the dry needling helps a lot - once in a while (2 3 times a week) shooting pain

behind left eye- continous

Right eye shakes while reading

Tired all the time - always sluggish

Tinnitus - crazy- both sides - right more, then left

Sore jaw - locked up- one day- now it cracks and tension

sleep- just started the last two weeks get more sleep (pre 2-3 hrs a night) now about 7

MEDS- Advil & Tylenol- went its a bad ache- when can't sleep - due to neck

Driving- causing anxiety- worse passenger

Is now getting anxious - is working with pshy- was anxious before, worse now since accident

Grinding or clenching - yes both - worse now - mostly while sleeping and driving

Birth control

NERVE STUFF

Had some down arm first few days - haven't noticed since

DIGESTION

Never great- Saw Naturopath- Probiotic

Acid stuff

Bowels- Stuff goes right through

XRAYed - in belly in high school = all good

Wet poop- frequent- liquid side - can spend two hours in bathroom, when having a bowel

Sour smell- stomac upset at random times now - epecially after accident

Anxiety-

Gets attack

anxiety triggered- feels like a vibration- deep breathing to help

constricted in ribs

Bladder good

No kids

Lawyer- Since June

SEES

Physio

OT

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 25 of 53 2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

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Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-02-02 13:15 (60) MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

Psych

OTHER ACCIDENTS

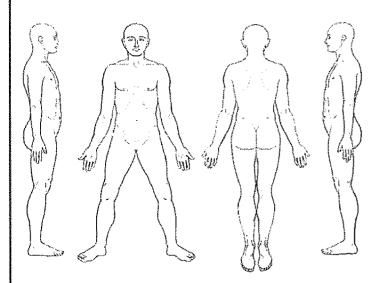
2020 rear ended someone- Hip and lower back pain= Saw Chiro for year, good after that

Objective

Pain Rotation Short

Inflammation Elevation Long

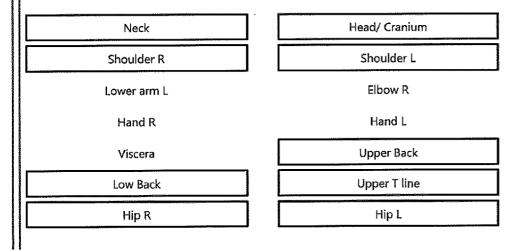
Other



Comments

Treatment

Area(s) Treated



Face

Upper arm R

Elbow L

Abdominals

Mid Back

Lower T line

Knee R

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pt Health and Wellness Centre Gla	dstone Halifax				
pt Health and Wellness Centre Gla	dstone Halifax, 2751 Gladsto	one St, Halifax, NS, Tel.:(902) 492-4791			
Client	DOB	Appointment	Sanda		
MacDonald, Danielle 1993-02-20		2023-02-02 13:15 (60)	Service		
			MVA Osteopath Treatment - 60 minutes		
Treating Professional	Case	Physician	Referrer		
Arsenault, Sophie	132.3849279				
the control of the co	774-	The factor of the contraction of	n m je na venga 🗕		
Lower le	eg R	Lower leg L	Ankle R		
Ankle	L	Feet R	Feet L		
Superfic	cial	Intermediate	Deep		
Other	,				
Head/Scalp/Face DID Mo	ORE FOCUS ON				
RIBS/STERNUM	The results and the same same same same same same same sam				
Technique(s) Use	ed				
General trea	itment	Direct technique	Indirect technique		
Myofascial release		Myofascial unwinding	Strain counterstain		
Sensorial trea	atment	Articulation	Spinal adjustment		
Reciprocal in	nibition	Post isometric relaxation	Muscle energy		
Facilitated positio	onal release	Balanced Ligamentous tension	Ligamentous Articular strain		
Compacti	ion	Decompaction	Body adjustment		
Craniosacral tro	eatment	Other			
		G.O.T.			
Positioning					
Prone		Supine	Side lying		
			side lying		
Side rol		Seated	Standing		
Analysis					
Main focus was neck- and Jaw	terior posterior				
Cranium					
Stenum/chest/ribs					

Plan

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pt Health and Wellness Centre Gladstone Halifax

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Client DOB Appointment Service

MacDonald, Danielle 1993-02-20

Treating Professional Case Physician Referrer

Kelly, Nicole

Correspondence Foi	C	O	rı	e	S	D	O	n	d	e	n	C	е	F	O	r	r	r	1
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Clinician

PT RMT

OT

Chiro KIN/PTA

Correspondence to

Employer Client

Adjustor

Other

In-person

Other

Clinician Doctor

Correspondence by

Email Phone

Summary/Comments

Left message with adjuster recommending an ergonomic assessment.

Professional

Nicole Kelly, Occupational Therapist Electronically signed on

2023-01-27

From: (eFax) pt Health Gladst Fax: 19024298338

To:

Fax: (902) 755-2813

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2023-02-27 8:13 AM

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Client

DOB

Appointment

Service

MacDonald, Danielle

1993-02-20

2023-01-24 14:30 (60)

MVA Osteopath Treatment - 60

minutes

Treating Professional

Case

Physician

Referrer

Arsenault, Sophie

132,3849279

Subjective

First half day at work/in office- Everyday does half day/for two days does half day in office/same next week/On Tuesday &

Thursday

Was a horrible day

DUE TOO

Double screen - too much- Unplugged one

The sun to bright- closed curtains/ moved all the furniture away from Sun

Stairs- Did one flight, had to take a few minute break between flights

Emailed OT- about lumbar pillow- couldn't get comfotable enough to get in the right position, in work chair = pain/discomfort started at neck

Also Emailed her about getting- Shoulder straps/ again neck/posture was horrible

830-noon and went home - lied down right away

Started feeling dizzy and nauseous around 930, by 10 everything was moved around

Went home to lie down

Felt like vomiting until about 1:00pm

RIGHT NOW FEELING

Tired

Headache- left temporal area/was shooting towards eye- took aleve

Sluggish

Went swimming again/aqua size ish (teacher didn't show)

Lasted about 30 minutes

Until slowed the paste and saw the water moving

TODAY

Work on head

Eye started twitching again at night

Glasses are helping throught out day - Headaches less often, Less tired, Able to Stare at computer longer

Was able to go to mall with loop ear pods, however got tired after two stores

Can go out now and do things more often, however exhaustion still there

Did swim on Saturday-Loved it, but went on a very loud day/kids

Can't scuba dive until glasses are off

Recently Noticed - That when Picking up from ground, going on escalator, or down stairs = Their is A feeling of wooziness = VAGUS

Uses = heat

Feeling pretty good

Ears are quiet/the constant dull ring has gone- is back to just the right side/dull low sound

Jaw left side/is pulling to the left/sore/

Eyes better with glasses/but not the sunglasses clip onss/they still feel off- can't wear them

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 29 of 53 2023-02-27 8:13 AM

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Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-01-24 14:30 (60) MVA Osteopath Treatment - 60

minutes

Treating Professional Case Physician Referrer

Arsenault, Sophie 132.3849279

Consistant with the 3 1/2km of daily walking for about the last ten days

Neck still stiff, but feels an actual relief - The Right worse= there is crunching happening, which never was a thing, most likely loosening

Stretching Neck will cause relief now - never did before

Tired this week- First week back at work/8-12 all week (Working from home)

Eyes are sore and tired/from screen by end of day

Needs a break during work day/leaves desk and stetches/takes about ten minutes

Starts to hurt/feel tired near the end of 3hr shift

Starts with Eyes being sore, then nausia/ when walks away that feeling goes away, after the 10 minutes

Was able to read 20 pages in a book- for the first time ever- reading was the worse/unable to do action, at all

Is going to try Swimming on the weekend-open swim

GOT special ear plugs

BRAND Loop

Name type = Experience - reduces decimal level- reducing back round noise making possible only hear person in front of them (Was able to go to a 20 people party, without being overwhelmed or exhausted)

BRAND Loop

Name type = No noise cancels all noise = uses it for sleep

IS Sleeping much better, has been wearing them since boxing day= wakes uo feeling refreshed

Work=WAS TO MUCH

=Stairs/4th floor/printer & bathroom 3rd floor=too much up and down

=2 screen/going betweeen the two- caused to be really nautious-had to unplug one

= Loud Echo

Went back a day/was too much OT, changed it to working at home

Right now 4hrs a week-for two weeks -weds & fri

Monday-Weds & Frida- after that for a week, d=f or a couple of hours

Mond weds frid for 4hrs/8-1030 After that

August 17 2022 -driver

Bottom of hill- Middle car between two cars

Car behind hit her pretty hard /she hit right side of orbital bone on stearing wheal - air bags didn't deploy

Front end of car & Rear end were pretty smooshed in- had to tow it away

All symptoms are still there

Sounds sensitivity- all the time- especially multiple if sounds- at once - causing pressure - ear plugs- when you go out

Less TV- Less music

Nautious all the time/but worse when doing stuff- no puking

Light sensitivity- not all the time - can open curtains now- when light start to change

Headaches- harder to tell if from neck causes HA- the dry needling helps a lot - once in a while (2 3 times a week) shooting pain behind left eye- continous

Right eye shakes while reading

Tired all the time - always sluggish

From: (eFax) pt Health Gladst Fax: 19024298338

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Page: 30 of 53

2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

Client

DOB

Appointment

MacDonald, Danielle

1993-02-20

2023-01-24 14:30 (60)

Service

MVA Osteopath Treatment - 60

minutes Referrer

Treating Professional

Case

Physician

Arsenault, Sophie

132.3849279

Sore jaw - locked up- one day- now it cracks and tension

sleep- just started the last two weeks get more sleep (pre 2-3 hrs a night) now about 7

MEDS- Advil & Tylenol- went its a bad ache- when can't sleep - due to neck

Driving- causing anxiety- worse passenger

Is now getting anxious - is working with pshy- was anxious before, worse now since accident

Grinding or clenching - yes both - worse now - mostly while sleeping and driving

Birth control

NERVE STUFF

Had some down arm first few days - haven't noticed since

DIGESTION

Never great- Saw Naturopath- Probiotic

Acid stuff

Bowels- Stuff goes right through

XRAYed - in belly in high school = all good

Wet poop- frequent- liquid side - can spend two hours in bathroom, when having a bowel

Sour smell- stomac upset at random times now - epecially after accident

Anxiety-

Gets attack

anxiety triggered- feels like a vibration- deep breathing to help

constricted in ribs

Bladder good

No kids

Lawyer- Since June

SEES

Physio

ОТ

Naturopath

Psych

OTHER ACCIDENTS

2020 rear ended someone- Hip and lower back pain= Saw Chiro for year, good after that

Objective

Pain

Rotation

Short

Inflammation

Elevation

Long

Other

Comments

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.:(902) 492-4791

DOB Client

1993-02-20 MacDonald, Danielle

Treating Professional Arsenault, Sophie

Case 132.3849279 Appointment

2023-01-24 14:30 (60)

Service

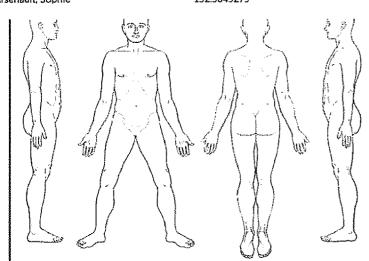
Page: 31 of 53

MVA Osteopath Treatment - 60

2023-02-27 8:13 AM

minutes

Physician Referrer



Treatment

Area(s) Treated

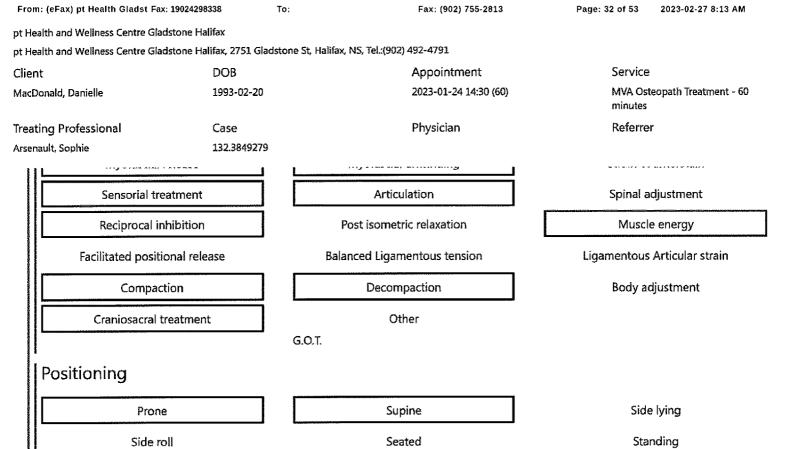
Neck	Head/ Cranium	Face
Shoulder R	Shoulder L	Upper arm R
Lower arm L	Elbow R	Elbow L
Hand R	Hand L	Abdominals
Viscera	Upper Back	Mid Back
Low Back	Upper T line	Lower T line
Hip R	Hip L	Knee R
Knee L	Upper leg R	Upper leg L
Lower leg R	Lower leg L	Ankle R
Ankle L	Feet R	Feet L
Superficial	Intermediate	Deep
Other		
ad/Scalp/Face DID MORE FOCUS ON S/STERNUM		

Direct technique

Indirect technique

General treatment

Technique(s) Used



Analysis

Main focus was neck- anterior posterior Jaw Cranium Stenum/chest/ribs

Plan

Professional
Sophie Arsenault, Osteopath
Electronically signed on
2023-01-25

Page: 33 of 53 From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 2023-02-27 8:13 AM

pt Health and Wellness Centre Gladstone Halifax

pt Health and Wellness Centre Gladstone Halifax, 2751 Gladstone St, Halifax, NS, Tel.: (902) 492-4791

Client DOB Appointment Service

2023-01-24 13:45 (15) MacDonald, Danielle 1993-02-20 MVA Physiotherapy Concussion TX

Treating Professional Case Physician Referrer

132.3849279 Trivedi, Purva

Clinical SOAP Note

Massage Therapy Physiotherapy Chiropractic

Occupational Therapy Other

Obtained patient's consent for:

Spinal Treatment Acupuncture

Manipulation

Obtained patient's consent for use of support personnel

Name of student

Vruksha Rakholiya

Obtained patient's consent for treatment completed by a student

Name of student

Subjective

Progressing well.

Headaches are subsiding now.

Objective

Treatment Assessment

TDN 0.3x30 UFT, LS, inf obl cap, SS - linear pistoning VOMS:

Visual tracking: uncomfortable; induces headache like

symptoms Suboccip release convergence: triggers headache; distance 18 inches

> c-sp traction UFT, LS stretches

Manual Therapy:

Exercises: C-sp AROM

UFT, LS stretches

chin tucks

scalene, SCM stretch

Visual tracking exercises

Balance exercises

Convergence exercises: Brock string

Modalities:

IFC + MH

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 34 of 53 2023-02-27 8:13 AM

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Client DOB Appointment Service

MacDonald, Danielle 1993-02-20 2023-01-24 13:45 (15) MVA Physiotherapy Concussion TX

Treating Professional Case Physician Referrer

Trivedi, Purva 132.3849279

Education: Concussion Ed pacing and planning of the day

Tinted glasses
Binasal occlusion

Noise cancelling headphones while outside

Brown noise for sleep

night mode on phone and computer screen

See OT for pacing and planning of the daily routine

Analysis

WAD II + Concussion

Patient tolerated treatment well.

Checked for Modalities contraindications. None identified.

Checked skin before and after application, no issues noted.

No complaints reported with any of the exercises or MT at the end of the visit.

Plan

3/wk FU

Signature

Professional

Purva Trivedi, Physiotherapist Electronically signed on

2023-01-24

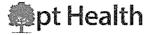
From: (eFax) pt Health Gladst Fax: 19024298338

To:

Fax: (902) 755-2813

Page: 35 of 53 2023-02-27 8:13 AM

Danielle MacDonald



Consent to release information

Your privacy is important to us. We take steps to ensure that everyone who performs services for us protects your privacy and only uses your personal health information for the purposes you have consented to.

I, type your name	, am the patient $m{\mathfrak{F}}$, guardian $m{\mathfrak{F}}$
I give Lifemark my consent to release inf the care of by report, letter, phone, fax, et	formation to, and to obtain information from the following individuals with respect to mail or direct communication:
Physician(s):	
N/A	
Insurer(s):	
The Personal	
Employer:	
MacGillivray Law Office	
Other, specify:	

Uses of personal information

Lifemark collects, uses, discloses, retains and disposes of your personal information in compliance with federal and provincial privacy legislation and applicable college regulations. All staff members who come in contact with your personal information have signed a confidentiality form and have been trained in the appropriate use and protection of your information. If you have any questions related to privacy, please contact the Lifemark Privacy Officer at 1-866-446-3080. Any questions about completing the form can be directed to the clinic.

We may use and disclose your personal information to:

- Establish your rehabilitation needs,
- Address specific questions related to your entitlement to benefits under a private insurance plan,
- Obtain payment for our services from your private insurer or others,
- Send written notices or contact you to advise of upcoming appointments,
- Provide a written report to the party that requested the service,
- · Plan, administer and manage our internal operations,
- Provide health and wellness resources
- Compile statistics.

Patient Name: Danielle MacDonald Created on: 2022-08-19

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 36 of 53 2023-02-27 8:13 AM

Danielle MacDonald

Your Choices:

You may access and correct your personal health records, or withdraw your consent for some of the above uses and disclosures (subject to legal exceptions) by contacting us in writing. A fee may be charged to access your personal health records.

We take steps to protect your personal health information from theft, loss and unauthorized access, copying, modification, use, disclosure and disposal.

▽ I have read the above and I agree *

Patient Name: Danielle MacDonald Created on: 2022-08-19

From: (eFax) pt Health Gladst Fax: 19024298338

Fax: (902) 755-2813

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Danielle MacDonald

pt Health

Personal Information		
First name *	Middle name	Last name *
Danielle		MacDonald
Chosen / Preferred Name		
	0 / 50	
Address *	-,	
3673 St. Paul's Street		
City *	Province *	Postal Code *
Halifax	Nova Scotia	B3K3R1
Email *	I consent to receive health and wellness ne	ws and information from Lifemark. (You
daniellejmacdonald@hotmail.com	may unsubscribe at anytime). * ೯ Yes ೧ No	
Home Phone	Preferred Language *	
902-759-6325	← English ← French (available in select l	ocations)
Cell Phone	I would like to receive appointment remind	ers by:*
(1883)), delegadi. Jasilelener In N	C Email	
Date of Birth *	Gender *	
1993-Feb-20	← Male ← Female ← X Other gender	
Pronoun		
She/Her		
Date of Injury *	or unknown	Area of Injury (select up to 3) *
2022-Aug-17	Γ	Head, Neck, Shoulder
Employer/School		Occupation
MacGillivray Law Office		Lawyer

Patient Name: Danielle MacDonald Created on; 2022-08-19

To:

Danielle MacDonald

Which of the following applies to you? *			
☐ Lam paying for myself/extended healthd ☐ Motor vehicle accident ☐ Work relate ☐ RCMP ☐ DND ☐ DVA ☐ Other		disability	
Do you have a provincial health card number	er? • Yes C No		
Health Card Province Health #	١	Version code	Health Card Expiry
Nova Scotia 000875	1141		2025-Jan-31
Claim Number or Member ID *	Policy No *		
Q8065627	K9283904		
Policy holder name *	Insurance Company Na	ame *	
Danielle MacDonald	The Personal		
Adjustor/Case Workers' Name	Adjustor Phone		
Has your auto-insurance company provided Yes No Have you completed the form? * Yes No	l you the accident benefi	its form (OCF-1 Onta	arìo / AB-1 Alberta, NS-1 Nova Scotia)?*
Please click the link below to download and before submitting your online forms.	attach the completed fo	rm in the step 5	
Download Accident Benefits Form (PDF)			
Do you have extended health care insurance your insurer may not be available at this loc Yes C No Please complete below			
Primary Company Name	Policy/Plan No	Će	ertificate/ID No
Blue Cross			·
Policy holder Name	Your relationship with t	he policy Po	olicy Holder DOB
	Select Relationship	-	

Patient Name: Danielle MacDonald Created on: 2022-08-19

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 39 of 53

Danielle MacDonald

Secondary coverage available?

C Yes @ No

What most influenced your decision to choose Lifemark?

Employer

Family Physician First Name

Family Physician Last Name

Family Physician Phone

2023-02-27 8:13 AM

None

None

Referring Physician same as Family

Physician?

Г

Referring Physician First Name

Referring Physician Last Name

Referring Physician Phone

Ross

Emergency Contact

Contact First Name *

Contact Last Name *

Jared

O'Sullivan

Relationship to Patient *

Phone *

Partner

902-754-1956

Patient Name: Danielle MacDonald

Created on: 2022-08-19

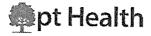
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To:

Fax: (902) 755-2813

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Danielle MacDonald



Health History Form

The information requested below will enable us to treat you safely. If you have any questions about the information requested please ask your health care professional. All information provided will be kept confidential within your treatment team.

Chosen / Preferred Name			
Last		First	
MacDonald		Danielle	
Legal Name			
Last *		Middle Initial	First *
MacDonald			Danielle
Sex as assigned at birth *			
Female	_		
Current Gender Identity: *			
Female		_	
What are your Pronouns?			
She/Her	<u> </u>		
Occupation *			
Lawyer			
			6/50
Have you received therapy before?	Þ	•	
If yes: What for and when?			
Chiro -Jan - September 2020 Physio- December 2021 - 3 sessio	ns		

What is your current reason for seeking therapy? *

Patient Name: Danielle MacDonald

Created on: 2022-08-19

rom: (eFax) pt Health Gladst Fax: 19024298338	To:	Fax: (902) 755-2813	Page: 41 of 53	2023-02-27 8:13 A

Danielle MacDonald

MVA

Osteoporosis
TMJ pain / disorder

Please indicate conditions / injuries you have experienced or are currently experiencing:

Cardi	iovas	cular
<u>Past</u>	Curi	<u>rent</u>
Г	Г	High blood pressure
Г	г	Low blood pressure
Г	Г	Heart attack
Γ	Γ	Stroke / CVA
r	j	Pacemaker, internal
Г	Γ-	Defibrillator or similar device
j	r-	Heart disease
Skin		
<u>Past</u>	Curr	ent
Γ-	"	Skin condition
r	***	Open wound
r	F 111#	. F hot F cold
Loss o	f sen	sation
Life H	labits	
<u>Past</u>	Curre	<u>ent</u>
г	Ø	Alcohol
Г	_	Tobacco
r-	p	Cannabis
1""	/"	Other Drugs
Musci	ulosk	eletal
<u>Past</u>	Curre	<u>ent</u>
P	P	Pain / Stiffness
P	P	Weakness
_	_	Ostoparthyltic

Patient Name: Danielle MacDonald Created on: 2022-08-19

Rheumatological / inflammatory disease / autoimmune disorder (Rheumatoid Arthritis, lupus, other) (i.e. not OA)

To:

Fax: (902) 755-2813

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2023-02-27 8:13 AM

From: (eFax) pt Health Gladst Fax: 19024298338

Night fever / sweats

Asthma

Patient Name: Danielle MacDonald Created on: 2022-08-19

Danielle MacDonald	
Г Г Bowel or bladder changes	
Are you or could you be pregnant? Due Date:	
Other:	0/70
Do you have any metal implants (Pins, plates, joint replacements, artificial limbs)?	
Medications (prescribed or not)	
Please list the medications, dosages, prescribing doctors, and conditions they are for.	
Ondansetron- 1 tan every 8 hours Tylenol every 6 hours Advil every 4 hours	
Previous Surgeries	
Please list any surgeries you have had, the dates they occurred, and the reason they were performed.	
Are you currently seeing any other Health Care Professional?	
Please list their names, designations, and reasons for visiting them.	
Dr. Jeremy Hayman, naturopath, ongoing cold	
Is there any other information you would like us to know?	
Patient Name: Danielle MacDonald	Created on: 2022-08-19

Fax: (902) 755-2813

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From: (eFax) pt Health Gladst Fax: 19024298338

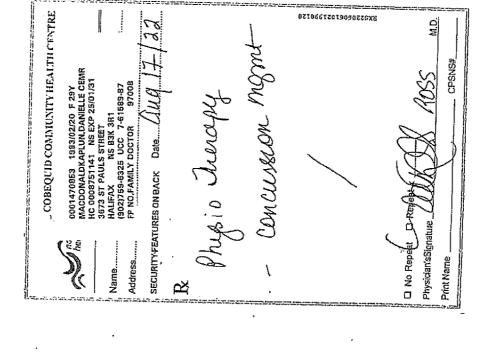
To:

From: (eFax) pt Health Gladst Fax: 19024298338 To: Fax: (902) 755-2813 Page: 44 of 53 2023-02-27 8:13 AM

Danielle MacDonald

🔽 I completed this form to the best of my knowledge *

Patient Name: Danielle MacDonald Created on: 2022-08-19



This patient was seen in this Emergency Department

YYYYY/MIW/DD)_

Signature:_

MACDONALDKAPLUN.DANIELLE 7-61589-87

Cartificate of Illness

nova scotia health authority

Prin A 797

The estimated date to return to school/work is:

YYYY/MM/DD)_

Comments:_

Page: 46 of 53

lifemark 🕸

्रिpt Health

To:

Initial Assessment Report - Non protocol or Post protocol

	Claimant Name	Danielle MacDonal	J Phone	
Claimant	Claim number		Claimant D.O.8	E
Information	Insurer		(dd/mm/yyyy)	A Committee of the Comm
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	holomer B	Senstenate to any v	- ()	SHOPEONE
	Ingelased	generalization to any v	iscial/bala	ree testinos.
Barriers to recovery	Tes	No Oretoro Score	135	
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pt Health and Wellness	Centre Gladstone Halifa	12751 Gladstone St. Halifax, NS B3K 4W6 P(902)492-4791(F(902)429-8;	38 Website: plhe/ 🕶
Practitioner:	Pulva Pri		ssion: Plysfoth	
Signature:		m o general has supergrave committee.	7	·1
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Occupational Therapy Initial Consultation Report

Client/Plan Member: Danielle MacDonald Policy #: Q8065627
Date of Disability: August 17th, 2022
Date of Initial Assessment: October 17th, 2022
Referral Source: David Phandanouvong at The Personal Insurance Referral Objective (as per referral source):
X Own Occupation
Gradual RTW Available: Yes No
Modified Duties Available: Yes No Alternative Occupation/Fit for Work:
At the start of the Occupational Therapy (OT) consultation Ms. MacDonald was advised of the purpose/process of the consultation and provided verbal and written consent to participate. The role and scope of OT was explained to the client. The client arrived on time for the scheduled assessment and was dressed appropriately for the weather. He presented as polite and engaged in conversation with the writer.
Vocational Description:
Work: X Not Working Gradual/Modified Date Set In Gradual/Modified RTW
Ms. MacDonald reported she worked as a Lawyer, full time, Monday to Friday, 80+ hours a week. As a Lawyer the client reported she worked predominantly from a home office. She does go to the main office 2-3 times per week when she attends discoveries, goes to court or to meet with clients. Ms. Macdonald indicated her duties vary depending on the day but can include taking phone calls, corresponding through email, zoom calls, writing reports, reading and conducting research. She typically takes an hour lunch. The client has not returned to work since her concussion.
Current functional status and subjective report of symptoms:
ADLs and IADLs: No Issues Reported X Partially Able to Complete Unable to Complete
Potential Barriers:
The following have been identified as potential barriers to return to work: • Difficulty reading due to visual fatigue. She also reported it is challenging to recall what she has read due to difficulty concentrating. She described being able to read (for leisure) 10 pages per day. Her job requires extensive reading for research and supporting her clients.

MacDonald, Danielle

- Reduced quality of sleep. She indicated she tosses and turns throughout the night.
- Anxiety when in a vehicle as a driver or passenger. She reported being driven past the accident site on
 one occasion however she has not driven by it independently.
- Tinnitus symptoms impacting function.
- · Length of time off work.
- Her reported brain fog leading to fear that she will no longer be able to perform as she once did (physically and cognitively).
- She has had limited exposure to use of a computer.
- The client sit to don her clothes due to depth perception challenges.

To:

- The client has a high expectation for cleanliness for her home. She has been unable to clean to the level she typically would. She has difficulty mopping, putting items in the laundry machines and cleaning the bathroom.
- Ms. MacDonald reported she is typically a very social person. She has been unable to attend social gatherings as she once did.
- The client reported high levels of anxiety and depression symptoms. She has recently commenced
 psychological sessions.

Ms. MacDonald reported the following:

- a) Emotional Issues: The client indicated she goes for walks, completes deep breathing, mindfully meditates and completes journaling as a stress management technique. She reported feeling frustrated by her persistent symptoms.
- b) Cognitive Issues: Difficulty with memory, concentration, and word finding difficulties. She reported she experiences a stutter occasionally.
- c) Physical Issues: Pain, fatigue, and decreased mobility. The client noted she experienced pain in her neck and jaw as well as tension headaches. She also experiences sensitivity to noise and light. Reduced postural tolerances for prolonged walking and standing.
- d) Visual Difficulties: The client reported difficulty with depth perception, she described difficulty with reading and scanning with her eyes. She reported experiencing double vision and blurriness of her vision, particularly at the end of the day.
- e) Tinnitus

Please also refer to self-reported questionnaires.

Psychosocial Screens:

Psychosocial variables have been shown to significantly impact pain-related disability and chronicity. Ms. MacDonald completed (self-reported) questionnaires targeting these variables. Raw scores correspond to level of risk and potential psychosocial barriers to recovery.

Questionnaire	Score Date	Comments
Fatigue Severity Scale (FSS) of Sleep Disorders	61	A total score of 36 or more suggests that you may need further evaluation by a physician.
HADS (Hospital Anxiety and Depressions Screen) Mood Questionnaire	Anxiety-16 Depression-15	Abnormal levels of anxiety and depression symptoms.

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MacDonald, Danielle

A measure used to screen for anxiety and depressive symptoms.	A A A A A A A A A A A A A A A A A A A	
The Patient Health Questionnaire (PHQ-9) Used as a measure of depressive symptoms severity.	22	Severe depression symptoms reported.
Headache Disability Index	83	A total score of 10-28 is considered to indicate mild disability; 30-48 is moderate disability; 50-68 is severe disability; 72 or more is complete disability. Complete disability

To:

Cognitive Screen:

The Montréal cognitive assessment (MOCA) was completed as a cognitive screen. The client demonstrated 28/30 where normal is greater then 26/30. Her score is indicative of minimal cognitive impairment. The client demonstrated errors in the following categories; abstraction 2/3 and delayed recall 4/5.

Throughout the assessment Ms. MacDonald demonstrated some word finding difficulties and a stutter intermittently. She was able to maintain a consistent conversation with the writer, she did not become emotionally labile and was able to maintain eye contact as appropriate for the social context. She did not pause to concentrate and she did not use any accommodation strategies to assist with her memory limitations. She was able to recall the history of her accident and treatment to date,

The client attempted the Comprehensive Trail-Making Test however due to visual difficulties she was unable to finish. She noted her eye was twitching, she experienced a headache, nausea and eye fatigue. She was able to complete the first two trials however demonstrated severely impaired scores as her speed was very slow. Of note she did not make any errors but was observed holding the writing utensil with an increased grip (more so then what was required for the task). The CTMT primarily assesses the effect of brain injury and other forms of central nervous system compromise. It also detects frontal lobe deficits, problems with psychomo tor speed, visual search, sequencing, and attention; and impairments in set shifting. It is comprised of five digital search and visual search and sequence tasks that focus on attention, concentration, resistance to distraction, and cognitive flexibility (or set shifting). The client demonstrated the following scores;

Trail 1-Severely Impaired
Trail 2- Severely Impaired
Trail 3-N/A
Trail 4-N/A
Trail 5-N/A
CTMT Composite Index-N/A

The client completed the Hopkins Verbal Learning Test, a test of verbal learning and memory. The test consists of three trials of free-recall of a 12-item semantically categorized list. She demonstrated the following; Trail 1: 6/12, Trial 2: 7/12, Trial 3: 9/12, Total Recall score: 22, Learning: 3, # true-positives: 12/12, # False-positive Errors: (related)-0/6, (Unrelated)-0/6.

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MacDonald, Danielle

Normative data for clients aged 17-30; trial 1-8.1, trial 2-10.3, trial 3-11.0, learning-3.1, total recall-22, truepositive-11.5. They client demonstrated below average abilities during this test.

Strengths:

The following have been identified as strengths to her ability to return to work:

To:

- She has a variety of stress management strategies including journaling, deep breathing, mindful mediation and walking in fresh air.
- The client has a good social support network involving her partner and mother.
- The client advised she has been able to return to driving, short distances.

Summary:

Ms. MacDonald's scores on the questionnaires indicate she appears to exhibit functional barriers due to psychosocial issues. Her scores indicate that she has a high degree of psychosocial barriers including anxiety, brain fog, depression symptoms and increased pain. Cognitive testing identified limitations with respect to visual processing and memory. It is therefore felt that the client would benefit from Occupational Therapy intervention. Ms. MacDonald has indicated that she is a willing participant in Occupational Therapy intervention to address her psychosocial concerns.

Recommendations:

8 sessions over 8 weeks of OT treatment are recommended to facilitate Ms. MacDonald's return to work and other roles of productivity. The sessions will focus on:

- · Education on behaviour and anxiety levels, the role of activity in rehabilitation, energy conservation, pacing and symptom management principles.
- Implementing activity planning/scheduling strategies, reflection of symptoms, and behavioural experiments to assist the client with anxiety self-regulation.
- Practical education in the areas of managing stress associated with the transition of returning to work.
- Remedial and compensatory strategies to improve cognitive performance and perception of cognitive skills.
- Return to work planning.

Sincerely,

Nicole Kelly M.Sc. (OT), O.T. Reg.(NS) Registered Occupational Therapist

Page: 51 of 53

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$Progress\ Report - {\scriptstyle Non\ protocol\ or\ Post\ protocol}$

	Claimant Name	Danielle MacDon	ald		Phone	9027596325
Claimant	Claim number	Q8065627			Claimant D.O.B (dd/mm/yyyy)	20-Feb-1993
Information	Insurer	The Personal Insi	rance	<u></u>		
	Contact\adjuster	David Phandanou	vong	······································	Phone	
		water			Fax	8443064550
	Date of Assessment	Aug 23, 2022	Date of Reassessment N	lov 3, 2022	Date of Injury	

Subjective:
Difficulty with memory, concentration, and word finding difficulties. Occasional stutter.
Pain, soreness and stiffness in the neck and (atigue. Achiness in jaw as well as tension headaches. nolse and light sensitivity. Reduced postural tolerances for protonged walking and standing.
Difficulty with depth perception, difficulty with reading and scanning with her eyes, double and blurred vision particularly at the end of the day.
Tinnitus
Reduced quality of sleep

Objective: (including progress towards original goals)
MSK: C-sp AROM: Improving. Increases tension in UFT, LS, SCM. Strength: 4-/5
Cervicogenic headaches: Headache Disability Index: 83 (Complete Disability)
VOMS: Visual tracking: Improving. Convergence: Triggers headache lasting for about 5 mins.
Balance: Improving. BBS: 52/56
Cognitive Testing: Montréal cognitive assessment (MOCA): 28/30
where normal is greater then 26/30. Her score is indicative of minimal cognitive impairment.

Number of TX to date:

Total Cancelled/Missed visits:

	Goals:	Plan:	Ouration \Frequency:
Treatment Plan	Regain pain free ROM Regaln strength Regain function Regain postural tolerance Regain visual and auditory tolerance to external stimuli Regain cognitive function to return to pre-injury levels of cognitive demands for her job	Physiotherapy: Manual Therapy Exercise program Concussion Rehab Balance training Remedial and compensatory strategies to improve cognitive performance and perception of cognitive skills. Osteopathy: To aid with MSK (c-spine and jaw) release Cranial osteopathy	Physiotherapy: 2/wk for 8 wks Osteopalhy: 2/wk for 8 wks To be reassessed at 8 wk mark.

Forters Lake Physiotherapy – pt Health | 5228 Hwy #7, Suite 24, Porters Lake, NS B3E 1J8 | P(902) 827-5223 F(902)827-5306 | Website: pthealth

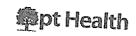
-	Practitioner:	Purva Trivedi	Profession: Registered Physiotherapist		
	Signature:	Purva Trivedi	Date:	03-Nov-2022	
	Report cc:				

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To:

Progress Report - Non protocol or Post protocol

		Claimant Name	Dangall	41	, No.	······································		
	Claimant	Claim number		4 /40	Donald.	Phone		
	Information	Insurer		~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~		Claimant D.O (dd/mm/yyy	V.B	
		Contraction						
		Contact\adjuster	-			Phone		
		Date of Assessment		Date of	11-	Fax	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
				Reassessment	Jan 13,202	Date of Injury		
And the second s		ment let of factors that trigger her. The settling fairly however shift was a ment ry and MSK: Pergress to yeards original goals? CSP AROM: WAV. Strongth: 41/5 Barlance: hupcomed.						
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Practitioner:								
Prac	titioner:	Weve j	ivest.	/*** 1 av.	DPM 1 P(902)492-	4791 F(902)429-8	338 Websile: pthd	
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