

Medical Update for Hector Lopez DOB: 08/27/1957

Date Order Created: 11/14/2025

Order ID: 1163/503

Agency Assigned Id: 610

Certification Period: 10/30/2025 to 12/27/2025

Grace Home Healthcare, LLC 497754
9735 Main Street Suite 200 Fairfax,
Fairfax, VA 22031-3736
PHONE 703-865-7370 FAX

Orders:

Authorization changes of PT skill Total Visits: 2 and Visit Freq: 2
Authorization changes of SN skill Total Visits: 6 and Visit Freq: 6

11/13/2025 Problems : GG0170I1 - Walk 10 Feet

Pain Interference with ADLs

Pain Interference with Therapy activities

GG0130A1 - Eating

GG0170P1 - Picking Up Object

GG0170O1 - 12 Steps

GG0170N1 - 4 Steps

GG0170M1 - 1 - Step (curb)

GG0170L1 - Walk 10 ft on Uneven Surface

GG0170K1 - Walk 150 Feet

GG0170J1 - Walk 50 ft with 2 Turns

GG0130B1 - Oral Hygiene

GG0170G1 - Car Transfer

GG0170E1 - Chair to Bed to Chair

GG0170D1 - Sit to Stand

GG0130C1 - Toileting Hygiene

GG0170F1 - Toilet Transfer

GG0130E1 - Shower/Bathe Self

GG0130H1 - Don/Doff Footwear

GG0130G1 - Lower Body Dressing

GG0130F1 - Upper Body Dressing

11/13/2025 patient_goal: To receive one home health treatment visit and then return to outpatient PT,
Target Date: 12/27/2025,

11/13/2025 procedure: therapeutic exercises, Notes: , Medication Review, Notes: Medications
reviewed with patient/caregiver.

, home exercise program, Notes: Seated therex BLE, 2x10, 1-2x/daily, with theraband (tb) where
applicable: marches, LAQ, clams, hip add with pillow squeezes x 2-3 sec holds; HR/TR;

Standing therex BLE, 2x10, 1-2x/daily: sit to stands with rollator and chair with B arms for push off to
stand,

11/14/2025 goal: patient/caregiver recalls

* how to maintain a diary to monitor effective and non-effective pain relief including documenting time
of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain

* teach relaxation skills and diversional activities

* recalls related medication(s) purpose, schedule, Target Date: 12/27/2025,

11/13/2025 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 12/27/2025,

Chair to Bed to Chair - 04. Supervision or touching assistance, Target Date: 12/27/2025 (unable to achieve)

Walk 150 Feet - 04. Supervision or touching assistance, Target Date: 12/27/2025 (unable to achieve)

Walk 10 ft on Uneven Surface - 04. Supervision or touching, Target Date: 12/27/2025 (unable to achieve)

12 Steps - 04. Supervision or touching assistance, Target Date: 12/27/2025 (unable to achieve)

Amir Alemzadeh

12731 Marblestone Dr Ste 200

12731 Marblestone Dr Ste 200, VA 22192

Tele:7038974700 FAX: 17038976603

PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 11/17/2025