

Medical Update for Terree Hopwood DOB: 12/10/1953

Date Order Created: 01/30/2026

Order ID: 1150/15833

Agency Assigned Id: 21437

Certification Period: 01/21/2026 to 03/21/2026

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Orders:

01/29/2026 Problems : GG0170F1 - Toilet Transfer
GG0170D1 - Sit to Stand
GG0170E1 - Chair to Bed to Chair
GG0170G1 - Car Transfer
GG0170I1 - Walk 10 Feet
GG0170J1 - Walk 50 ft with 2 Turns
GG0170K1 - Walk 150 Feet
GG0170L1 - Walk 10 ft on Uneven Surface
GG0170M1 - 1 - Step (curb)
GG0170N1 - 4 Steps
GG0170O1 - 12 Steps
GG0170P1 - Picking Up Object
Pain Interference with Therapy activities
Pain Interference with ADLs

01/29/2026 patient_goal: not to have another surgery, Target Date: 03/21/2026,

01/29/2026 procedure: gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: , Medication Review-, Notes: Patient verbalized understanding of current prescriptions, dosages, and schedule. No reported issues with adherence, side effects, or confusion at this time.
, HEP, Notes: Ankle pumps, quad sets, glute sets, heel slides, partial squats, and seated/standing knee flexion and extension within tolerance. 10-15 reps ea. 1-2 set per day. Emphasis on improving right knee ROM, reducing stiffness, and promoting quadriceps activation. Patient instructed on proper technique, pacing, use of ice after exercises, and safe frequency throughout the day. Patient verbalized understanding and demonstrated good carryover.
, cough/deep breathing exercises, Notes: , train caregiver(s) to perform medical/rehabilitation treatments, Notes: , coordinate/arrange for adequate patient supervision, Notes: ,

01/29/2026 teach: therapeutic exercises, Target Date: 03/21/2026, therapeutic modalities, Target Date: 03/21/2026, wheelchair training, Target Date: 03/21/2026, balance training, Target Date: 03/21/2026, equipment training, Target Date: 03/21/2026, gait training, Target Date: 03/21/2026, transfer training, Target Date: 03/21/2026,

01/29/2026 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, Target Date: 03/21/2026, Sit to Stand - 06. Independent, Target Date: 03/21/2026, Chair to Bed to Chair - 06. Independent, Target Date: 03/21/2026, Toilet Transfer - 06. Independent, Target Date: 03/21/2026, Car Transfer - 06. Independent, Target Date: 03/21/2026, Walk 10 Feet - 06. Independent, Target Date: 03/21/2026, Walk 50 ft with 2 Turns - 06. Independent, Target Date: 03/21/2026, Walk 150 Feet - 06. Independent, Target Date: 03/21/2026, Walk 10 ft on Uneven Surface - 06. Independent, Target Date: 03/21/2026, 1 - Step (curb) - 06. Independent, Target Date: 03/21/2026, 4 Steps - 06. Independent, Target Date: 03/21/2026, 12 Steps - 06. Independent, Target Date: 03/21/2026, Picking Up Object - 06. Independent, Target Date: 03/21/2026, 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, Target Date: 03/21/2026, patient/caregiver recalls
- * depression-prevention strategies including avoidance of isolation
- * healthy eating
- * sleeping habits
- * identification of activities that bring pleasure
- * preventive care
- * recalls related medication(s) purpose, Target Date: 03/21/2026, patient self-administers medications as prescribed
- * recalls related medication(s) purpose, schedule, Target Date: 03/21/2026,

01/29/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 03/21/2026,

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PHYSICIAN SIGNATURE VALID - Digitally Signed by Signed

Staff Signature: Electronically Signed by Messick, Charles Date 02/17/2026