

Medical Update for Linda Hardy DOB: 05/26/1947

Date Order Created: 02/18/2026

Order ID: 1150/16243

Agency Assigned Id: 22289

Certification Period: 02/09/2026 to 04/09/2026

HomeCentris Healthcare LLC 217058
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Owings Mills, MD 21117-8284
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Orders:

02/17/2026 Problems : M1400 - Dyspnea
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

02/17/2026 patient_goal: To be able to independently walk and to be able to negotiate the steps,
Target Date: 04/09/2026,

02/17/2026 procedure: gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: , assist with fall prevention, Notes: , home exercise program, Notes: Supine-ankle pump, quad set, gluteal set, heel slide, SLR, bridging. Seated-LAQ hip flex, hip abd, pillow squeeze. Standing-Mini squat, heel/toe raise, hip flex, hip abd, hip ext, leg curls., dynamic standing balance exercises, Notes: Dynamic balance activity to be performed on firm surface with no hands on device, weight shifting L-R with wide BOS, and forward backward with separated stance.,

02/17/2026 teach: lifestyle modifications to manage cardio-respiratory condition including diet changes and regular exercise; strategies to control shortness of breath and home remedies to keep lungs healthy, Target Date: 04/09/2026, therapeutic exercises, Target Date: 04/09/2026, therapeutic modalities, Target Date: 04/09/2026, balance training, Target Date: 04/09/2026, equipment training, Target Date: 04/09/2026, gait training, Target Date: 04/09/2026, transfer training, Target Date: 04/09/2026,

02/17/2026 goal: patient/caregiver recalls

- * lifestyle modifications to manage respiratory condition including
- * diet changes and regular exercise
- * strategies to control shortness of breath
- * home remedies to keep lungs healthy
- * recalls related medicatio, Target Date: 04/09/2026, Sit to Stand - 05. Setup or clean-up assistance, Target Date: 04/09/2026, Chair to Bed to Chair - 05. Setup or clean-up assistance, Target Date: 04/09/2026, Toilet Transfer - 05. Setup or clean-up assistance, Target Date: 04/09/2026, Walk 10 Feet - 05. Setup or clean-up assistance, Target Date: 04/09/2026, Walk 50 ft with 2 Turns - 05. Setup or clean-up assistance, Target Date: 04/09/2026, Walk 150 Feet - 05. Setup or clean-up assistance, Target Date: 04/09/2026, Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, Target Date: 04/09/2026, 1 - Step (curb) - 05. Setup or clean-up assistance, Target Date: 04/09/2026, 4 Steps - 05. Setup or clean-up assistance, Target Date: 04/09/2026, 12 Steps - 05. Setup or clean-up assistance, Target Date: 04/09/2026, Picking Up Object - 05. Setup or clean-up assistance, Target

Date: 04/09/2026, Car Transfer - 05. Setup or clean-up assistance, Target Date: 04/09/2026,

02/17/2026 discharge_plan: family/caregiver will be responsible for managing treatment, Target Date: 04/09/2026,

Bizhan Aarabi
22 S. GREENE STREET

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Physician Signature_____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 02/19/2026