

Medical Update for Hilda Pardo DOB: 07/01/1930

Date Order Created: 05/06/2026

Order ID: 1163/1022

Agency Assigned Id: 1205

Certification Period: 02/26/2026 to 04/26/2026

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: 5 and Visit Freq: CUSTOM

04/23/2026 Problems : muscle weakness (MS)

04/13/2026 procedure: gait training on uneven surfaces, Notes: , gait training/stair training, Notes: , transfers training, Notes: , home exercise program, Notes: Ankle pumps, quad sets, glute sets, heel slides, hip adduction with pillow squeeze, straight leg raises, short arc quads, long arc quads, seated marching, seated hamstring stretch, sit to stands, standing hip abduction, standing hip extension, standing hip flexion, mini squats, marching in place, heel raises, toe raises, multidirectional weight shifting, narrow base of support balance holds, tandem stance with support, backward stepping with support, and short distance ambulation within the home using assistive device as indicated, to be performed daily as tolerated with emphasis on proper form, slow controlled movements, and safety with use of stable support or caregiver assistance as needed,

04/13/2026 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 skills and diversional activities

* recalls related medication(s) purpose, schedule, Target Date: 04/26/2026, Sit to Stand - 06.

Independent, Target Date: 04/26/2026, Chair to Bed to Chair - 06. Independent, Target Date:

04/26/2026, Car Transfer - 06. Independent, Target Date: 04/26/2026, Walk 10 Feet - 05. Setup or

clean-up assistance, Target Date: 04/26/2026: DISCONTINUED, Walk 50 ft with 2 Turns - 05. Setup or

clean-up assistance, Target Date: 04/26/2026, Walk 150 Feet - 05. Setup or clean-up assistance,

Target Date: 04/26/2026, Walk 10 ft on Uneven Surface - 05. Setup or clean-up assistance, Target

Date: 04/26/2026, 1 - Step (curb) - 05. Setup or clean-up assistance, Target Date: 04/26/2026, 4 Steps

- 05. Setup or clean-up assistance, Target Date: 04/26/2026, 12 Steps - 05. Setup or clean-up

assistance, Target Date: 04/26/2026, Picking Up Object - 05. Setup or clean-up assistance, Target

Date: 04/26/2026,

Blanca Gomez Castillo
1622 N Jackson St

1622 N Jackson St, VA 22201
Tele:7032374000 FAX:

Physician Signature _____ Date _____

Staff Signature: Electronically Signed by Messick, Charles

Date 05/18/2026