

Medical Update for Natalie Nowell DOB: 02/11/1961

Date Order Created: 09/09/2026

Order ID: 1150/21807

Agency Assigned Id: 27650

Certification Period: 07/06/2026 to 09/03/2026

HomeCentris Healthcare LLC 217058
10 Crossroads Drive, Suite 102
Owings Mills, MD 21117-8284
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Orders:

09/03/2026 Problems : balance deficit (NR)
pain radiating to arms/legs (NR)
muscle spasms (MS)
#1 - Observable Surgical Wound - Posterior Right Neck -

08/24/2026 procedure: Cervical stretching , Notes: Cervical stretching performed gently in all planes, including flexion, extension, rotation, and lateral flexion, as well as combined movements such as rotation with lateral flexion and forward flexion. Stretches to be held within patient tolerance with emphasis on slow, controlled movement and avoidance/minimizing pain or forceful end-range positioning., Neck isometrics, Notes: Perform Cailliet-based cervical exercises including chin tucks/cervical retraction, gentle cervical isometrics on all planes, and postural exercises emphasizing upright head, neck, and upper-trunk alignment. Perform slowly with controlled movement and within patient tolerance; avoid pain and excessive force.,

09/04/2026 goal: Shower/Bathe Self - 05. Setup or clean-up assistance, Target Date: 09/03/2026,

Kevin Carter
10085 Red Run Blvd

10085 Red Run Blvd, MD 21117
Tele:4105817804 FAX: 14103566507

Physician Signature _____ Date _____

Staff Signature: Electronically Signed by Messick, Charles Date 09/09/2026