

TREATMENT PLAN LIKE A PRO!

LISTEN



BEGINNING OF THE TREATMENT

- Do you understand how the client's issue is currently affecting their life?
- Do you clearly understand the client's goals?
- Have you explained your approach to treatment for today & covered steps & expectations?

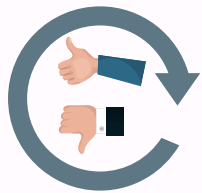
PLANT FLAGS



THROUGHOUT THE ENTIRE TREATMENT.

- Talk the client through what you are finding & feeling on their body
- What is responding well, what isn't & your thoughts on this
- Are you asking questions to help solve the problem together? "What kind of activities are you doing when you feel the pain at its worse?"
- Are you explaining things that may need to be revisited on their next visit to you (plant seeds during the treatment to avoid magic wand expectations)
- Are you reminding them of the importance of paying attention to these areas & how they are feeling in the coming days so they can report back to you on the next treatment

RECAP



NEW CLIENTS: 15MIN BEFORE END OF RX
EXISTING CLIENTS: 10MIN BEFORE END OF RX

- Recap what you feel responded REALLY WELL
- Recap what you feel didn't respond as well as you would have liked
- Have you explained the common PHASES of treatment to help them with their expectations of progress?
- Do they understand it can be common to feel worse before they feel good?
- Do they understand what to do if the problem returns or persists?

HOMEWORK



IN LAST 5-10MIN

- Talk the client through what they can be doing to help their bodies feel better & stronger between now & when you see them again EXERCISES/STRETCHES/AWARENESS > Hand Write These!
- EMPOWER the client to help them feel they can make a big difference to how they feel if they are prepared to work with you
- Have you told them you will be checking in with them on the next visit on how their body responded to your treatment & homework?

TIMELINE & BOOK

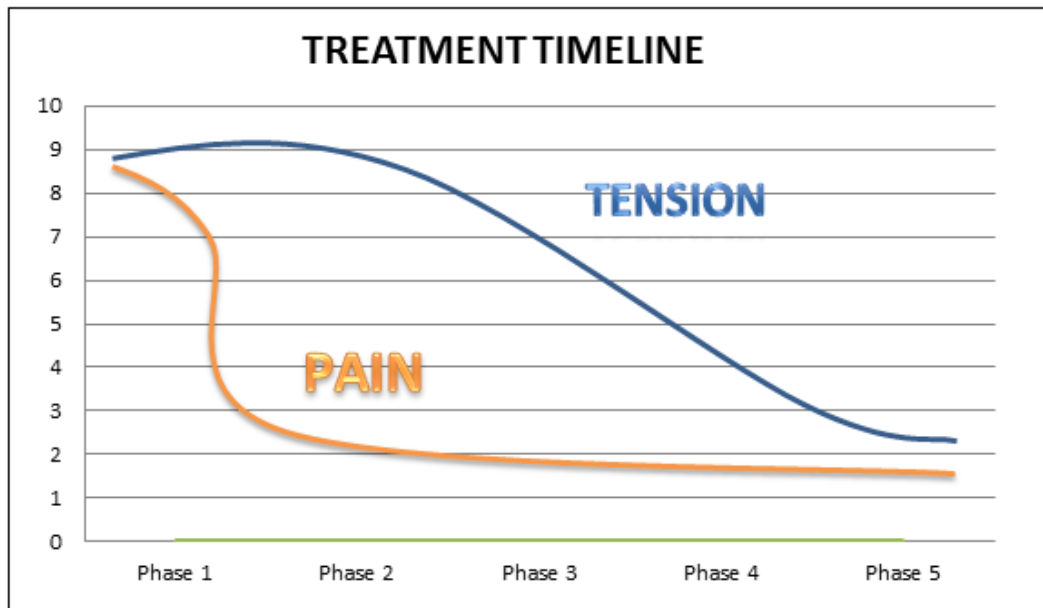


IN LAST 3-5MIN

- Give a very clear time frame for when you feel they should return for a follow-up treatment (eg. 3-5 days, 7-10 days, 2-3 weeks, 4-6 weeks)
- Offer to make the appointment on the diary YOURSELF (makes a HUGE difference to the clients feeling of care & accountability)
- Use phrasing like "I'd like to see you or Can you make the time for yourself to get back in to see me in 7-10 days"
- NEVER leave them with no guidance **or** "See how you go" unless you feel 100% that they don't need any follow up, don't need or would not benefit from further treatment of any kind.

TREATMENT PHASES

FOR TREATMENT PLANNING FROM APPOINTMENT TO NEXT APPOINTMENT



1 REDUCE PAIN

2 IMPROVE MOBILITY

3 IMPROVE POSTURAL CONTROL

4 ACHIEVE OPTIMAL FUNCTION

5 MAINTAIN OPTIMAL FUNCTION

DEPENDING ON THE CLIENTS PROBLEM & THE THERAPISTS EXPERIENCE/SKILL SET,
THE SPEED IN WHICH THE CLIENT CAN MOVE THROUGH THE TREATMENT PHASES
WILL ALWAYS VARY.