



SOAP NOTE PRACTICAL EXAMPLE

S = SUBJECTIVE ASSESSMENT

(PRESENTED WITH, COMPLAINED OF, REASON FOR SEEKING TREATMENT, OUTCOME DESIRED). EXAMPLE:

C/o HA since Thurs last wk. P is dull ache in R Cx with referral into head. c/o dizziness/blackouts cycling up mountain on Thurs.

Has not seen GP yet, but has appt this wk. HA is 4/10 now. Hx of tension & TOP upper Cx. Saw physio this morn and had Cx jts mobilised but still has HA. Requested Rx concentrate on head, neck, upper back and aim to reduce HA.

Nil meds change, activity or lifestyle changes of note.

O = OBJECTIVE ASSESSMENT

(GENERAL / POSTURE; PALPATION; ROM; SPECIAL TESTS). EXAMPLE:

Posture: Upper cross syndrome. Hyperkyphotic. R 1st rib elevated. R shoulder ant/ scap protracted vs L.

ROM: Decreased Cx Rotn to R. No P on Rotn. All other Cx ROM ok with no P.

Palpn: R>L SCM, scalenes, u traps, lats and pecs all ++.

Special tests: VAT test -ve; Spurlings Test -ve.

A = ACTION

(NB – MUST OBTAIN AND NOTE VERBAL CONSENT FOR TREATMENT PLAN; WHAT YOU DID IN THE MASSAGE TREATMENT, AREAS WORKED, TECHNIQUES USED, OUTCOMES). EXAMPLE:

Treatment Plan explained & verbal consent obtained from client as follows: Treat STs and joints of Cx, Tx/thorax in prone, sidelie and supine positions using various remedial techniques.

Treatment:

Prone: with limited Cx ext to avoid compression of VA. TrP to subocc. Took sig time to release. Tone still high post Rx. Worked through Tx and gentle PA & transverse mobilisation of CT jts.

Sidelie: STM scalenes & Lat Cx STs with no lat flex (ie - maintained supported neutral Cx posture throughout).

Supine: MET and MFR to SCM, scalenes, lev scap, upper traps, 1st rib (bilat) & sub occ.

P = PLAN

(NB – MUST DATE AND INITIAL COMPLETED NOTE; RECOMMENDATIONS FOR CLIENT SELF-CARE, STRETCHES, EXERCISES, FOLLOW UP TIME AND/OR REFERRAL). EXAMPLE:

Physio f/u within 5-7d to mobilise Cx and Tx jts.

RM r/v 7-10 days.

Rec increase water intake significantly and monitor posture at desk. Demonstrated chin tuck / deep neck flexor activation exercise to help improve head/neck position at desk. Advised call immediately if there are any Q's or probs.

Completed: "Date and initials of therapist"