

Therapy Documentation Templates

Save 30
Minutes
a Day

Assessment of Neuromuscular Re-education (Balance & Stability)

Assessment of Manual Therapy (Soft Tissue & Joint Mobilization)

Treatment Examples are **Bolded**

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SUBJECTIVE | INTAKE SURVEY

Patient Overview	
Chief Complaint	
Cause or History	
Medical Treatment & Testing	
Current Limitations	

Sample Subjective

The patient is a 42-year-old female who presents with chronic low back pain. She reports that the pain is worse when she is sitting or standing for long periods of time. She also reports that the pain is worse when she is lifting or moving heavy objects.

OBJECTIVE PHRASE Examples

Postural Assessment & Symptom Location

- Patient stands with feet hip-width apart, shoulders over hips, and arms at her sides.
- Head is centered over the shoulders.
- Pelvis is neutral to slight anterior tilt.
- Thoracic spine is slightly rounded.
- Lumbar spine is slightly rounded.
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Vital Signs

- Blood Pressure: 120/80 mmHg
- Heart Rate: 72 bpm
- Respiratory Rate: 18

Joint ROM

- Neck Flexion: 45°
- Neck Extension: 45°

Muscle Testing

Right Biceps	4/5
Left Biceps	4/5
Right Triceps	4/5
Left Triceps	4/5

Special Tests

- Spurling Test: +
- Straight Leg Raise Test: +
- Hip Test: +

Balance Testing

- FOT: 10 seconds
- SLS: 10 seconds
- Tandem Stance: 10 seconds

Gait & Functional Movement Tests

- Patient ambulates with an antalgic gait pattern. Striding right leg.
- Forward lean is observed when right leg is planted.
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ASSESSMENT EXAMPLES

Sample Assessment Formula

This patient (patient name) - Subjective location of symptoms (back or neck/shoulder) with objective measurements of (muscle strength). During this (initial assessment) resulted in:

Ex: The patient demonstrated poor performance of lateral spine movement for excessive anterior translation of pelvis. Movement to the right was successful in decreasing pain while using these techniques.

The patient demonstrated lack of core muscle recruitment during a movement in order to achieve greater knee extension.

Action words:

- Demonstrated performed, lifted, reached, pulled, carried, lifted.

Quality of Performance

- Proper, improved, uncontrolled, controlled, poor, unstable, coordinated, fast.

Task or Movement

- Patient lifted, walking, stepping, sit, reaching, lifting, carrying, into, down, back, up, off, in, out, improved, diminished, etc.

Specific Impairments or Improvements

- Excessive forward abdominal motion, poor recruitment of glutes, lack of push off in left leg, improved recruitment of glutes, etc.

Refined Instruction

- Engage the lower abdominal muscles, extend glutes upon step up, relaxing the upper trapezius with reaching, etc.

Outcome

- Resulted in decreased pain, improved ROM, better position of the joint during motion, less stumbling/tripping, better ability to sit, stand, overhead, etc.

OVER
60

Assessment
Examples

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Therapy Documentation Samples

M Lipman



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