

SOAP Note for Massage Therapy Template

Patient Information

First Name: Tom

DoB: 08/02/1982

Surname: Smith

Date: 03/08/2022

Subjective

Tom reports variable aching pain in the neck and upper back that has been present for the past month. Tom says his fortnightly massages help with the pain and improve his mobility. His current level of pain is 3/10.

Objective

Tom received a full body Swedish massage. He was advised on how to maintain correct posture and taught stretching exercises. ROM at the upper spinal area has restriction.

Assessment

Tom's level of pain after massage was 1/10. He is complicit with completing exercises daily.

Plan

Tom will have another session in a fortnight and we will reassess pain and mobility. Tom will stretch daily and work on posture to reduce neck stiffness.

Symptom Analysis



- X Adhesion
- ↻ Rotation
- Pain
- Tender Joint
- ≡ Hypertonicity

- ≈ Spasm
- Inflammation
- 9 Trigger Point
- / Elevation

Additional Notes

Signature

Date

03/08/2022

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