

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 45-year-old female who presents with chronic low back pain (LBP) and right leg pain. She reports an acute exacerbation of her LBP and right leg pain that started 2 weeks ago.

OBJECTIVE PHRASE Examples

Postural Assessment & Symptom Location

- Patient stands with relatively depressed scapula and excessive scapular internal rotation on the right side.
- Dorsal and segmental rotation noted with unilateral shoulder flexion.
- Patient is tender to palpation along right supraspinatus tendon with active resistance.
- Unilateral hyperlordosis of thoracic spine present with forward head posture.
- Patient stands with legs shifted to avoid full weight bearing on left side.
- Excessive knee hyperextension present with standing.
- Right ankle observed to exhibit foot collapse with performance of partial squat.

Vital Signs

- Resting BP measured in sitting in right arm: 120/80
- Resting HR: 72 bpm
- Respiratory Rate: 20

Joint ROM

- Neck Flexion: 50° / 0° / 120° / 120°
- Neck Extension: 10° / 0° / 0° / 0°

Muscle Testing

- | | Left | Right |
|------------------|------|-------|
| - Neck Extension | 4/5 | 5/5 |
| - Hip Flexion | 4/5 | 5/5 |
| - Hip Extension | 4/5 | 5/5 |

Special Tests

- Straight Leg Test: +
- Strengths (Leg Raise Test): +
- Sit Test: +

Balance Testing

- FOTD: 4 seconds
- BEB (on smooth L-L): 3
- Timed Up&Go: 3 seconds or more

Gait & Functional Movement Tests

- Patient ambulates with an antalgic gait pattern, favoring right leg.
- Post this observation noted as right or normal gait.
- Observed gait self-reported as right side pain for every phase.
- Excessive hip relative flexion present during left swing phase.
- Poor posterior translation observed with performance of sit to stand.
- Forward adduction and medial rotation observed with repeating.
- Normal gait pattern noted with performance of single leg stance.

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ASSESSMENT EXAMPLES

Sample Assessment Formula

The patient (action word) (identify location of problem) (task or movement) with (objective measurements or impairments). During this (action instruction) resulted (outcome).

Ex: The patient demonstrated poor performance of partial squat (task or movement) with excessive anterior displacement of femur. Instructions to feet stable were successful in decreasing pain while using these (impairments).

The patient demonstrated lack of core muscle recruitment during a plank. Instructed patient to sit on a combination of 2 blocks to improve recruitment in order to achieve greater knee extension.

Action words:

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

Quality of Performance

- Proper, improved, unimpaired, controlled, poor, unstable, coordinated, hesitant, etc.

Task or Movement

- Plank, heel, walking, stepping, sit, reaching, lifting, jumping, into flexion, with obstruction, etc.

Specific Impairments or Improvements

- Excessive femoral extension/medial rotation, poor recruitment of glutes, lack of push off in last improved recruitment of glutes, etc.

Skills Instruction

- Engage the lower abdominal, increase 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 shuffling/stepping, better ability to sit, or overhead, etc.

OVER
60

Assessment
Examples

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Occupational Therapy Documentation Examples

Christian G. Meyer



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