



**BUSINESS NAME**  
**MASSAGE THERAPY S.O.A.P. NOTE**

**Client Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**SUBJECTIVE:** (Client presents with and complains of):

☐ Sharp Pain   ☐ Dull Ache   ☐ Numbness   ☐ Tingling   ☐ Burning   ☐ Shooting   ☐ Throbbing

Other / Notes: \_\_\_\_\_

❖ **These complaints are noted in the client's:**

☐ Neck   ☐ Shoulders   ☐ Upper Arms   ☐ Lower Arms   ☐ Upper Back   ☐ Sides   ☐ Chest  
☐ Abdomen   ☐ Groin   ☐ Lower Back   ☐ Buttocks   ☐ Upper Legs   ☐ Lower Legs

Other / Notes: \_\_\_\_\_

**OBJECTIVE:** (Found during the course of evaluation and treatment):

☐ Pain   ☐ Tenderness   ☐ Muscle Spasm   ☐ Trigger points   ☐ ↓ /   ☐ ↑ Muscle Tone   ☐ ↓ /   ☐ ↑ ROM

☐ ↓ /   ☐ ↑ Muscle Texture   Other / Notes: \_\_\_\_\_

❖ **These findings are noted in the client's:**

☐ Neck   ☐ Shoulders   ☐ Upper Arms   ☐ Lower Arms   ☐ Upper Back   ☐ Sides   ☐ Chest  
☐ Abdomen   ☐ Groin   ☐ Lower Back   ☐ Buttocks   ☐ Upper Legs   ☐ Lower Legs

Other / Notes: \_\_\_\_\_

**ASSESSMENT:** (Your opinion of the client's condition):

☐ Muscle Spasm   ☐ Neck Pain   ☐ Thoracic Pain   ☐ Lumbar Pain   ☐ Arm Pain   ☐ Leg Pain   ☐ Chest Pain

Other / Notes: \_\_\_\_\_

The client is:   ☐ Improving   ☐ Staying the Same   ☐ Getting Worse   ☐ N/A – First Visit

Client prognosis is:   ☐ Excellent   ☐ Very Good   ☐ Average   ☐ Poor   ☐ Dire   ☐ Too soon to ascertain

**PROCEDURE / PLAN:** (What was done and what is the future plan):

☐ 60 min. massage (97124) - 4 units   ☐ 30 min. massage (97124) - 2 units

☐ Return in \_\_\_\_\_ weeks   ☐ Chiropractic Referral   ☐ Recommend Icing   ☐ Recommend stretching

☐ Increase Water Intake   Other / Notes: \_\_\_\_\_

More or Less Pressure Next Massage: \_\_\_\_\_

Next Massage, Concentrate On: \_\_\_\_\_

**Therapist's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Supervising Doctor's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Sample Progress Notes For Occupational Therapy

**Jianjun Gao**



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