

# 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.

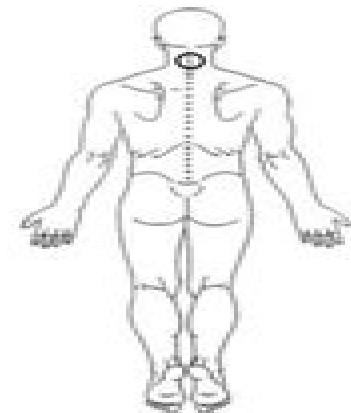
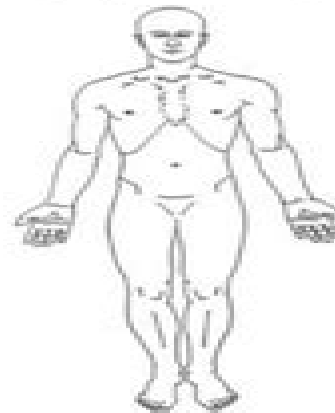
## Assessment

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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# Sample Massage Therapy Soap Notes

**S Nieto**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the therapist's name.

**Sample Massage Therapy Soap Notes:**

## Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Sample Massage Therapy Soap Notes**

In a global inundated with screens and the cacophony of instantaneous interaction, the profound energy and mental resonance of verbal art often disappear in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, situated within the lyrical pages of **Sample Massage Therapy Soap Notes**, a interesting perform of literary elegance that pulses with raw feelings, lies an memorable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that enchanting opus books viewers on an emotional odyssey, lightly exposing the latent potential and profound impact embedded within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect their captivating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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