

# 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.
- Cervical segment rotation rotated 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 abduct 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° / 60° / 70°
- Neck Extension: 10° / 0° / -5°

### 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: +
- Strength (Leg Raise) Test: +
- 50% Test: +

### Balance Testing

- FIM: 4 seconds
- SLR (in extended L-LB): 2
- Timed Up and 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 at normal gait.
- Observed gait self-reported as right side prior to testing phase.
- Excessive hip relative flexion present during left swing phase.
- Poor posterior translation observed with performance of sit to stand.
- Forward abduction and medial rotation observed with repeating.
- Forward progression 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 resistance, functional pattern in an extension of trunk 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

- Upper limb, walking, stepping up, reaching, lifting, carrying, into flexion, with abduction, etc.

### Specific Impairments or Improvements

- Excessive femoral anterior displacement, poor recruitment of glute, lack of push off in last improved recruitment of glute, etc.

### Skills Instruction

- Engage the lower abdominal, increase glute 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

**Ian Pickup**



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## **Table of Contents Occupational Therapy Documentation Examples**

1. Understanding the eBook Occupational Therapy Documentation Examples
  - The Rise of Digital Reading Occupational Therapy Documentation Examples
  - Advantages of eBooks Over Traditional Books
2. Identifying Occupational Therapy Documentation Examples
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Occupational Therapy Documentation Examples
  - User-Friendly Interface
4. Exploring eBook Recommendations from Occupational Therapy Documentation Examples
  - Personalized Recommendations
  - Occupational Therapy Documentation Examples User Reviews and Ratings
  - Occupational Therapy Documentation Examples and Bestseller Lists
5. Accessing Occupational Therapy Documentation Examples Free and Paid eBooks

- Occupational Therapy Documentation Examples Public Domain eBooks
- Occupational Therapy Documentation Examples eBook Subscription Services
- Occupational Therapy Documentation Examples Budget-Friendly Options
- 6. Navigating Occupational Therapy Documentation Examples eBook Formats
  - ePub, PDF, MOBI, and More
  - Occupational Therapy Documentation Examples Compatibility with Devices
  - Occupational Therapy Documentation Examples Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Occupational Therapy Documentation Examples
  - Highlighting and Note-Taking Occupational Therapy Documentation Examples
  - Interactive Elements Occupational Therapy Documentation Examples
- 8. Staying Engaged with Occupational Therapy Documentation Examples
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Occupational Therapy Documentation Examples
- 9. Balancing eBooks and Physical Books Occupational Therapy Documentation Examples
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Occupational Therapy Documentation Examples
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Occupational Therapy Documentation Examples
  - Setting Reading Goals Occupational Therapy Documentation Examples
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Occupational Therapy Documentation Examples
  - Fact-Checking eBook Content of Occupational Therapy Documentation Examples
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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