

# Physical Therapy Note Template

## Patient Information

Peter

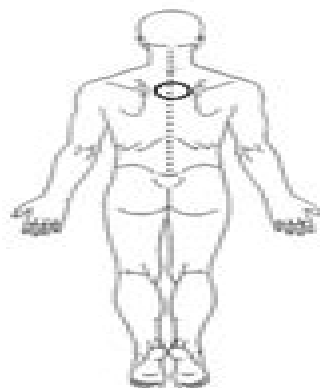
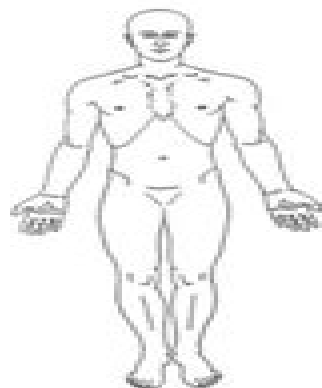
Example

03/08/1995

First Name

Last Name

Date of Birth



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

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

## Presenting Complaint

Pain in upper back

| Date       | Note                                                                                                                                                                                  |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 07/08/2022 | <p>Client complained of upper back pain.</p> <p>Limited ROM. Massage eased pain.</p> <p>Affecting daily activities e.g. work</p> <p>Will assess in 2 weeks</p>                        |
| 07/22/2022 | <p>Pain has reduced slightly</p> <p>Used different massage technique</p> <p>Encouraged exercises, intervention appears to be working</p>                                              |
| 08/05/2022 | <p>Client achieving treatment goals, pain has reduced, ROM is almost 100%</p> <p>Readjustments, return to original massage technique</p> <p>Compliance with exercises seems good.</p> |

# Physical Therapy Notes Sample

**Thomas Griffiths**



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