

# Daily Progress Note Template

## Patient Information

John

Peters

07/10/1950

First Name

Last Name

Date of Birth

Patient Identifier

Date/Time	Progress Note	Signature
11/03/2022 10:15am	Mr Peters started his day with a card game with another resident, seen socializing and engaged in conversation. Compliance with medication is good.  Mr Peters says he is "excited for tomorrow's show".	
11/04/2022 1:25pm	After becoming agitated last night, Mr Peters is calm and appears relaxed. Compliance with medication is good. Mr Peters ate lunch with visiting family members, who are taking Mr Peters to a show in town.	
11/05/2022 10:00am	Mr Peters stayed in his room until 8:30am this morning, when RN checked on him. Mr Peters came to breakfast and said he was "exhausted" from yesterday. Plans to go for a walk outside after lunch. Compliance with medication is good.	
11/06/2022 9:00am	Mr Peters enjoyed yesterday's walk and says he aims to go for a walk everyday.  Mr Peters has a games afternoon planned with his friends. He appears engaged in his friendships.	
11/07/2022 11:30am	Mr Peters was quiet and withdrawn this morning. Relatives routinely visit but did not come this morning. Mr Peters is visibly upset. Will take him for walk in afternoon.  Compliance with medication at request.	
11/08/2022 2:00pm	Relatives have visited Mr Peters. His attitude and affect noticeably improved.  Mr Peters's daughter made plans to go shopping with him next week. Mr Peter continues to be compliant with medication.	
11/09/2022 10:45am	Mr Peters continues to socialize and play cards with friends. His sleeping patterns show improvement. Mr Peters appears calm and attentive, eager to participate in activities. Compliance with medication is good.	

## Sample Activity Progress Note

**M Tight**



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web sets reps 5 min fatigue frequency 3 5 x day elbow flexion and extension bend and straighten your elbow as far as you can sets reps 3 x 15 20 frequency 3 4 x day active horizontal shoulder adduction in standing with your elbow bent to 90 raise your arm out to the side to shoulder height 1

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web instructions for measuring rom have the client lie supine on a table or the floor in a hook lying position i e the hips flexed to approximately 45 degrees and the knees flexed to approximately 90 degrees and the feet flat

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web hand position place one hand on the front of the shoulder for stability and the other hand on the person s shoulder blade heel of hand near the person s armpit and finger tips at the middle edge of the shoulder blade start position gently pull at the middle edge of the shoulder blade to move the it away from the spine

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web instructions exercises should be done at least once per day do one arm at a time perform exercises slowly exercises to increase strength in the upper extremities some type of weight or resistance should be used recommendations commercial wrist weights 1 to 2 lbs soup or tuna can shoulder flexion

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web mar 5 2009 our purpose was to examine if early measures of upper extremity active range of motion arom could predict recovery of upper extremity function and to describe the trajectory of upper extremity arom recovery over time

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web self range of motion exercises for the arm and hand after a stroke it is important to do the exercises in this handout for your affected arm and hand you can do them on your own by using your unaffected arm and hand these gentle movements are called self range of motion exercises and they help to maintain your movement prevent

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web mar 10 2021 open your hand holding the fingers straight bend the middle finger joints next touch your fingertips to the top of your palm open your hand repeat 10 times with each hand next reach your thumb across your hand to touch the base of your little finger stretch your thumb back out repeat 10 times

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web elbow stretch hold your wrist start with your arms straight slowly bend your elbows hold for seconds slowly return to starting position with elbows straight repeat times forearm stretch affected hand on your lap or supported on a table rotate your hands so the palm of your affected hand is facing downwards

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web upper extremity range of motion exercises when exercising remember 1 take deep breaths during and after each exercise and after each set of exercises complete 2 3 sets x 10 reps daily 2 pace yourself 3 follow exercise directions as listed 4 notify your therapist if you have any questions or concerns 5

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