

# SOAP Note for Physical Therapy Template

## Patient Information

First Name: James

Surname: Wilson

DoB: 05/08/1990

Date: 10/07/2022

## Subjective

James has had difficulty sleeping on his right side because of right shoulder pain. He said it is a 3/10 pain along the right bicep and up to the trapezius muscle. He finds it hard to reach behind his back or lift his arm above his head.

## Objective

James is alert and in no acute distress. He is tender over the soft tissue of the right shoulder. Decreased range of motion. No swelling or ecchymosis. No deformity. Motor is intact.

## Assessment

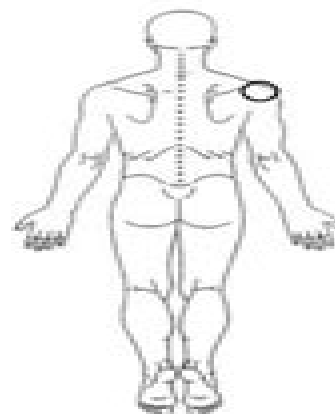
Biceps tendinitis, right shoulder.

Right shoulder x-ray reviewed by Dr. Jane Smith is negative.

## Plan

James declined narcotic pain medication. James will ice his shoulder and lightly stretch twice daily. Recheck in 7 days, sooner if symptoms worsen.

## Symptom Analysis



X Adhesion

⤵ Rotation

○ Pain

● Tender Joint

≡ Hypertonicity

≈ Spasm

○ Inflammation

9 Trigger Point

/ Elevation

## Additional Notes

Signature

Date

10/07/2022

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# Soap Note Example Sciatica

**Rachel Sandford**



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