

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 42-year-old female who presents with chronic low back pain. She reports that the pain is worse when she is sitting or standing for long periods of time. She also reports that the pain is worse when she is lifting or moving heavy objects.

OBJECTIVE PHRASE Examples

Postural Assessment & Symptom Location

- Patient stands with feet hip-width apart and arms at her sides.
- Patient is unable to maintain a neutral spine position while standing.
- Patient is unable to maintain a neutral spine position while standing.
- Patient is unable to maintain a neutral spine position while standing.
- Patient is unable to maintain a neutral spine position while standing.

Vital Signs

- Blood Pressure: 120/80 mmHg
- Heart Rate: 72 bpm
- Respiratory Rate: 18

Joint ROM

- Neck Flexion: 45°
- Neck Extension: 45°

Muscle Testing

Right Biceps	4/5
Left Biceps	4/5
Right Triceps	4/5
Left Triceps	4/5

Special Tests

- Spurling Test: +
- Straight Leg Raise Test: +
- Hip Test: +

Balance Testing

- FOT: 10 seconds
- SLS: 10 seconds
- Tandem Stance: 10 seconds

Gait & Functional Movement Tests

- Patient ambulates with an antalgic gait pattern. Striding right leg.
- Patient is unable to maintain a neutral spine position while standing.
- Patient is unable to maintain a neutral spine position while standing.
- Patient is unable to maintain a neutral spine position while standing.
- Patient is unable to maintain a neutral spine position while standing.

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ASSESSMENT EXAMPLES

Sample Assessment Formula

This patient (patient name) exhibits evidence of assessment (assessment) with (assessment) (assessment).

Ex: The patient demonstrated poor performance of manual spinal flexion to excessive anterior translation of pelvis. Interventions to improve manual spinal flexion to excessive anterior translation of pelvis.

The patient demonstrated lack of manual spinal flexion to excessive anterior translation of pelvis. Interventions to improve manual spinal flexion to excessive anterior translation of pelvis.

Action words:

- Demonstrated performed, lifted, reached, pulled, carried, lifted.

Quality of Performance

- Proper, improved, unimpaired, controlled, poor, unstable, coordinated, fast, slow.

Task or Movement

- Manual spinal flexion, standing, sitting, reaching, lifting, carrying, into, from, out, up, down, etc.

Specific Impairments or Improvements

- Excessive manual spinal flexion, poor recruitment of glutes, lack of push-off in left leg, increased recruitment of right leg, etc.

Refined Instruction

- Engage the lower abdominal muscles, extend glutes upon step-up, relaxing the upper extremities with reaching, etc.

Outcome

- Resulted in decreased pain, improved ROM, better position of the joint during motion, less awkward/groaning, better ability to sit, stand, etc.

OVER 60

Assessment Examples

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