

# 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 exhibit 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: L/R: 100°/120°
- Neck Extension: L/R: 75°/75°

### 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: +
- Ryley Test: +

### Balance Testing

- FIM: 4 seconds
- RLE (in extended LUL) 3
- Tandem Stairs: 3 seconds on count

### 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 lateral squat (task or movement) with excessive anterior displacement of femur. Instructions to feet closer were successful in decreasing pain while using these (impairments).

The patient demonstrated lack of core muscle recruitment during a plank, instructed patient to sit combination of hands 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

- Plank, heel, walking, stepping, sit, reaching, lifting, jumping, into flexion, with abduction, etc.

### Specific Impairments or Improvements

- Excessive femur 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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# Example Of Psychotherapy Documentation

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