

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**

Treatment Examples are **Bolded**

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 spine/shoulder complex 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: 18

Joint ROM

- Neck Flexion: 50° / 100° / 120°
- Neck Extension: 10° / 0° / 10°

Muscle Testing

	Left	Right
- Neck Flexion	4/5	5/5
- Neck Extension	4/5	5/5
- Hip Flexion	4/5	5/5
- Hip Extension	4/5	5/5

Special Tests

- Straight Leg Test: +
- Strengths (Leg Raise Test): +
- Sit-Test: +

Balance Testing

- FIM: 4 seconds
- SLR (in extended L-LB): 2
- Timed Up-and-Go: 3 seconds or more

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 adduction 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 (observable impairments or improvements). During this (action instruction) resulted (outcome).

Ex: The patient demonstrated poor performance of partial squat (task or movement) with excessive anterior displacement of femur. Instructions to feet stable were successful in decreasing pain while using these (impairments).

The patient demonstrated lack of core muscle recruitment during a posterior, braced posture in an extension of spine to improve movement in order to achieve greater knee extension.

Action words:

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

Quality of Performance

- Proper, improved, unimpaired, controlled, poor, unstable, coordinated, hesitant.

Task or Movement

- Partial squat, walking, stepping up, reaching, lifting, carrying, into flexion, with stabilization, etc.

Specific Impairments or Improvements

- Excessive femur anterior displacement, poor recruitment of glute, lack of push off in last improved recruitment of glute, etc.

skilled 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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Manual Therapy Phrases

Sharon Giammatteo



Manual Therapy Phrases:

Integrative Manual Therapy for Biomechanics Sharon Giammatteo, 2003-08-18 Integrative Manual Therapy uses soft tissue work and joint mobilization. People suffering from pain and disability have significantly regained health through this innovative therapy. This comprehensive manual addresses all phases of assessment and intervention for biomechanical dysfunction. It features inventories of signs and symptoms, procedures, 300 photos and 100 illustrations and tried methods for integration.

The Placebo Effect in Manual Therapy Brian Fulton, Catherine Ryan, Diane Lee, Louise Tremblay, Nancy Keeney Smith, 2015-08-01 Numerous studies have made the placebo effect the most studied healing phenomenon known to mankind. In *The Placebo Effect in Manual Therapy*, Brian Fulton has drawn on these studies to provide an essential resource for all practitioners who work on a one to one basis with their clients. Those manual therapists who learn from this book will find that their new understanding can lead to improved clinical outcomes for their clients. *The Placebo Effect in Manual Therapy* presents a knowledge based approach to augmenting your patients own healing systems. It explains how to maximize the placebo response in your patients using knowledge from 60 years of research turn on an individual's inner healing system even with challenging patients increase your success rate and your patients health outcomes within your current methods of practice.

Manual Physical Therapy of the Spine - E-Book Kenneth A. Olson, 2008-10-15 A hands on how to approach helps you learn techniques and clinical problem solving skills for treating spine and TMJ disorders. Written by a well known authority on the subject of spinal manipulation in physical therapy this book provides the information you need to make sound decisions during clinical interventions. An evidence based impairment classification approach helps you provide the best outcomes for your patients. A companion DVD includes video clips demonstrating spinal examination and manipulation procedures. Specifically for physical therapists dedicated to spinal manipulation. Complete coverage meets the core curriculum needs of physical therapy students and provides an excellent self study tool for clinicians wanting to enhance their practice. Detailed information on treatment strategies and techniques includes evidence based coverage of the examination and treatment of spine and TMJ disorders with an emphasis on integration of manipulation and therapeutic exercise. A framework for completing a comprehensive exam includes medical screening, patient interview, disability assessment and tests and measures along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Narrated video clips on a companion DVD include step by step instructions of each procedure plus a unique 3 dimensional perspective of over 80 spinal manipulations and procedures frontal lateral and cranial views. A DVD icon in the book links the text discussion to the DVD. Case studies demonstrate the clinical reasoning used in manual physical therapy. *Guide to Physical Therapist Practice* terminology is used throughout the book making the content easier to understand and promoting conformity in terminology. Clear photographs show essential concepts and procedures from multiple angles illustrating hand and body placement and direction of force. A clear consistent format makes this a

convenient reference in the clinical setting Lay flat binding allows the text to lay open for ease of use **Spinal Manual Therapy** Howard W. Makofsky, 2024-06-01 Spinal Manual Therapy An Introduction to Soft Tissue Mobilization Spinal Manipulation Therapeutic and Home Exercises Second Edition is an easy to follow manual of clinical techniques for the spine pelvis and temporomandibular joint The text provides tools rather than recipes and immerses the reader in the process of thinking as a manual therapist rather than functioning as a technician The clinical utility of this revised second edition combines the art and science of present day spinal manual therapy The focus of Spinal Manual Therapy Second Edition is to provide clinically useful treatment techniques while being mindful of the scientific literature related to the practice of spinal manual therapy It is an ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment The hands on approach taken by Dr Howard W Makofsky makes this new edition the go to textbook for spinal manual therapy New to the Second Edition New pictures of examination and treatment techniques with captions Additional case studies New evidence supporting spinal manual therapy Updated references throughout the text This unique textbook has a plethora of clinical techniques including the rationale for each of their use With over 300 figures illustrations and photographs for each examination treatment technique for various regions of the body students and clinicians learning manual therapy will benefit greatly from Spinal Manual Therapy Second Edition Inside you ll find Evaluation Soft tissue techniques Manipulative procedures Specific exercises Clinical problem solving Spinal Manual Therapy Second Edition mirrors a course on the introduction to spinal manual therapy and will be welcomed into physical therapy curriculums as well as appreciated by clinicians when entering clinical practice **Prep Manual of Medicine Question-Answer** Mr. Rohit Manglik, 2024-07-30 This manual provides a structured collection of frequently asked questions and answers designed to aid undergraduate and postgraduate medical students in their exam preparation across various subjects in internal medicine **Documentation for Physical Therapist Practice** Jacqueline A. Osborne, 2015-07-31 Documentation for Physical Therapist Practice A Clinical Decision Making Approach provides the framework for successful documentation It is synchronous with Medicare standards as well as the American Physical Therapy Association s recommendations for defensible documentation It identifies documentation basics which can be readily applied to a broad spectrum of documentation formats including paper based and electronic systems This key resource utilizes a practical clinical decision making approach and applies this framework to all aspects of documentation This text emphasizes how the common and standard language of the Guide to Physical Therapist Practice and the International Classification of Functioning Disability and Health ICF model can be integrated with a physical therapist s clinical reasoning process and a physical therapist assistant s skill set to produce successful documentation Includes content on documentation formations Initial Evaluations Re examination Notes Daily Notes Conclusion of the Episode of Care Summaries Home Exercise Program Reviews all the important issues related to style types of documentation and utilization of documentation Covers

documentation relevant in different settings inpatient home health skilled nursing facility outpatient Helps students learn how to report findings and demonstrate an appropriate interpretation of results Includes up to date information in line with APTA Guidelines for Defensible Documentation World Health Organization International Classification of Functioning Disability and Health Mode and Medicare Reviews electronic documentation ICD 9 ICD 10 and CPT codes Includes important chapters on Interprofessional Communication Legal Aspects Principles of Measurement

Simplified Signs: A Manual Sign-Communication System for Special Populations, Volume 1. John D. Bonvillian, Nicole Kissane Lee, Tracy T. Dooley, Filip T. Loncke, 2020-07-30 Simplified Signs presents a system of manual sign communication intended for special populations who have had limited success mastering spoken or full sign languages It is the culmination of over twenty years of research and development by the authors The Simplified Sign System has been developed and tested for ease of sign comprehension memorization and formation by limiting the complexity of the motor skills required to form each sign and by ensuring that each sign visually resembles the meaning it conveys Volume 1 outlines the research underpinning and informing the project and places the Simplified Sign System in a wider context of sign usage historically and by different populations Volume 2 presents the lexicon of signs totalling approximately 1000 signs each with a clear illustration and a written description of how the sign is formed as well as a memory aid that connects the sign visually to the meaning that it conveys While the Simplified Sign System originally was developed to meet the needs of persons with intellectual disabilities cerebral palsy autism or aphasia it may also assist the communication needs of a wider audience such as healthcare professionals aid workers military personnel travellers or parents and children who have not yet mastered spoken language The system also has been shown to enhance learning for individuals studying a foreign language Lucid and comprehensive this work constitutes a valuable resource that will enhance the communicative interactions of many different people and will be of great interest to researchers and educators alike

HELP2 - Healthcare Language Learning Programme 2 - English Modules Merz, Lukáš, The textbook is an output of an Erasmus project Healthcare English Learning Programme 2 HELP2 2018 1 CZ01 KA203 048150 It is a follow up to the previous HELP help theproject eu and complements it with thematic modules The book comprises of 14 self contained sections focusing on selected healthcare areas intercultural competence and presentational skills It develops communications skills vocabulary and professional knowledge in English on B1 B2 level of the CEFR The textbook can be used not only in a traditional classroom but is also intended for self learners blended learning and for life long education of healthcare professionals This is a printed version of an online platform found at help2project.eu that contains the recordings and videos for listening exercises The content is also available in PDF format and as an app for Android devices

Muscle Energy Techniques Leon Chaitow, 2013-05-21 Muscle Energy Techniques 4e sets out clear practical and clinical guidelines for all students and practitioners wishing to use MET techniques as part of their patient management Fully updated and now published in full colour throughout this book has an accompanying website

with video clips presenting the full array of modern METs in a variety of acute chronic and rehabilitation settings The practical application of MET starts from Chapter 5 The videos are accessible via a website whose address is within the book A simple log in and you have access to a collection of MET greatest hits The videos are clear simple and short but not inclusive of all the techniques in the book Reviewed by InTouch May 2015 Introduces new methodology and instructs in the scientific basis and correct application of existing METs Explains the value of METs in the treatment of a variety of problems ranging from hypertonicity and muscle tightness to joint dysfunction and joint capsule adhesions Provides precise assessment and diagnosis guidelines from a variety of perspectives including osteopathy chiropractic physical therapy athletic training and massage therapy Details the background to soft tissue dysfunction and explains the adaptive chain reactions that both produce and result from dysfunction Gives many variations on the safe use of MET in acute chronic and rehabilitation settings Highly illustrated with full colour line drawings and diagrams Supplemented by a website which includes video clips of experienced practitioners demonstrating the techniques Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses in manual therapy Now published in full colour throughout Presents the latest research findings underpinning the practice of MET methodology from differing areas of practice Presents the increasingly refined ways of using the variety of MET methods to allow the reader to safely apply them in a variety of settings Video clips on an associated website presents practical examples of the METs explored in the book Contains a new chapter on the history of MET to provide useful insights from pioneers of the method New chapters by orthopaedic surgeons discuss the relevance of MET in the rehabilitative setting Contains a completely new chapter on the relevance of MET to massage therapy as well as expanded sections on its value in chiropractic sports injury and physiotherapy Contains an increased emphasis on pulsed MET and isotonic eccentric stretching

Manual of Critical Care Nursing Marianne Saunorus Baird, 2015-10-01 The compact yet comprehensive Manual of Critical Care Nursing Nursing Interventions and Collaborative Management 7th Edition is your students a go to reference for to help you provide safe high quality nursing care in the clinical critical care settings Written in an abbreviated outline format this easy to use Manual presents essential information on more than 75 disorders and conditions as well as concepts relevant to caring for all critically ill patients and functioning in the critical care environment Award winning clinical nurse specialist Marianne Baird separates the content first by body system and then by disorder with each disorder including a brief description of pathophysiology assessment diagnostic testing collaborative management nursing diagnoses desired outcomes nursing interventions and patient teaching and rehabilitation With the latest NANDA I nursing diagnoses and new sections on Bariatric Considerations and Caring for the Elderly this practical manual is designed to help critical care nurses and nursing students better care for any critically ill patient Coverage of more than 75 disorders most commonly seen in critical care units Consistent easy to use format facilitates quick reference so you can find information exactly where you expect it to be Portable size makes it ideal for use in

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Documentation for Rehabilitation - E-Book Lori Quinn, James Gordon, 2024-04-12 Better patient management starts with better documentation Documentation for Rehabilitation 4th Edition demonstrates how to accurately document treatment progress and patient outcomes using a framework for clinical reasoning based on the International Classification for Functioning Disability and Health ICF model adopted by the American Physical Therapy Association APTA The documentation guidelines in this practical resource are easily adaptable to different practice settings and patient populations in physical therapy and physical therapy assisting Realistic examples and practice exercises reinforce the understanding and application of concepts improving skills in both documentation and clinical reasoning Workbook textbook format with examples and exercises in each chapter helps reinforce understanding of concepts Coverage of practice settings includes documentation examples in acute care rehabilitation outpatient home care nursing homes pediatrics school and community settings Case examples for a multitude of documentation types include initial evaluations progress notes daily notes letters to insurance companies Medicare documentation and documentation in specialized settings NEW Movement Analysis Linking

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Style Manual for Physical Therapy, 1986 *Massage Therapy* Susan G. Salvo, 2015-04-13 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo's *Massage Therapy Principles and Practice* 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like hospitals nursing homes and medical offices to broaden your career potential Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques routines client interaction sequences and case studies that facilitate the learning process and the practical application of the material Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter NEW Revised line drawing color scheme for origin and insertion matches the painted skeleton found in most classrooms maintains consistency and prevents confusion in learning origin and insertion points on the body NEW Coverage of Thai massage provides up to date content on the most useful in demand modalities that are most often requested by clients and better prepares you for what you will encounter during training and practice NEW Updated text reflects changes to the new board certification exam so you have the most up to date relevant information and are fully prepared to pass the current exams NEW Brand new Think About It Webquest and Discussion features in each chapter's Test Your Knowledge section

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OT Exam Review Manual Karen Sladyk, 2005 Are you a student preparing for the NBCOT exam Looking for only one study guide to help you prepare for this important day Wondering what thousands of your peers and fellow students have relied on for their studying needs The answer is the OT Exam Review Manual now available in a completely updated and revised fourth edition This invaluable study tool is designed to guide students through the studying process from start to finish With a redesigned question format to match the NBCOT exam more questions and an on line testing component this fourth edition is a study guide that inspires critical thinking Karen Sladyk and her co authors incorporate domain task and knowledge style questions as a way to prepare students for the pace of the NBCOT exam This collection of questions enables students to think logically for the answers not just practice for the exam The OT Exam Review Manual Fourth Edition also includes an on line testing component With 350 questions 150 more than the software included with the previous edition students are able to maximize their computer testing skills and assists with integrated learning Covering topics such as study habits content outlines fieldwork and waiting for results the OT Exam Review Manual Fourth Edition is the most current and extensive review on the market for occupational therapy students Features Contains 600 questions 50 more than the previous edition Redesigned question format to match new NBCOT exam Includes a new user friendly on line testing component incorporating questions from the book Worksheets time organizers and a recommended reading list

Guide to Evidence-based Physical Therapy Practice Dianne V. Jewell, 2008 Finally a text designed specifically for physical therapists to facilitate evidence based practice in both the classroom and in the clinic Guide to Evidence Based Physical Therapy Practice provides readers with the information and tools needed to appreciate the philosophy history and value of evidence based practice understand what constitutes evidence search efficiently for applicable evidence in the literature evaluate the findings in the literature and integrate the evidence with clinical judgement and individual patient preferences and values This unique handbook combines the best elements of multiple texts into a single accessible guide Divided into four sections that break down the research process this user friendly text also includes key terms learning objectives exercises diagrams worksheets and useful appendices This text is perfect for both physical therapists and students

Massage Therapy - E-Book Susan G. Salvo, 2015-03-25 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo's Massage Therapy Principles and Practice 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted

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Special Education:Legal Terms, Words and Phrases Victor A. Ybanez,2009-04-06 **Montana Code Annotated** Montana,2015 *Handbook of Pain Syndromes* Andrew R. Block,Ephrem Fernandez,Edwin Kremer,2013-05-13 Pain syndromes involve a complex interaction of medical and psychological factors In each syndrome unique physiological mechanisms are mediated by emotional states personality traits and environmental pressures to determine the nature and extent of pain complaints and pain related disability The Handbook addresses the complexities of chronic pain in three ways Section I describes general concerns that cross cut the different syndromes such as the use of narcotic pain medications the detection of deception and malingering and the epidemiology of pain Section II presents comprehensive reviews of a wide range of pain syndromes Each covers basic pathophysiology psychological factors found to influence the course of the syndrome and syndrome specific multidisciplinary treatment approaches Most of the Section II chapters are coauthored by psychologists and physicians Section III discusses pain in special populations including the elderly and children The Handbook is the most up to date comprehensive and integrated single volume resource for all those professionally concerned with pain

Manual Therapy Phrases Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Manual Therapy Phrases**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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