

SOAP NOTE

Client Name	Date of Therapy
Timothy Brooks,	9/11/24,
Provider Name	Service Received
	Remedial.

Subjective Symptoms: Onset / Location / Intensity / Frequency

- Tendinitis in elbow
- buldge disk in back.
- back & Neck problems due to buldging disk.
- drives long distances
- standing for long hours.

Objective Findings: Visual / Palpable / Test Results

- Glute stretch Revielid Tight Glute.
- palpation - Tight from Neck/upper traps to lower back
- Trigger points in Rhomboids & Inter scap.
- Tight pecks.

Assessment Goals: Long-Term / Short-Term

- Relieve pain in back & Neck.
- Relieve tension in Glutes

Plan: Future Treatment / Frequency / Self-Care

- stretching when can due to work.
- Drink water.