

SOAP NOTE

Client Name	Date of Therapy
Rebecca	18/1/25
Provider Name	Service Received
Tanya	Remedial massage

Subjective Symptoms: Onset / Location / Intensity / Frequency

- L Shoulder back Neck,
- at Computer
- TMJ clenching / headache.
- tightness between shoulder.
- tenderness in peckers

Objective Findings: Visual / Palpable / Test Results

- Swollen Ankles & feet
- Tightness through traps.
- Trigger points in Rhomboids.
- tender ~~area~~ at the Acromion process

Assessment Goals: Long-Term / Short-Term

- massage to Rhomboids
- " " Interscapula
- Peck massage
- Neck stretch
- Lymphatic massage to feet & lower legs.
- " " to sinus
- Acromion process massage

Plan: Future Treatment / Frequency / Self-Care

- self lymph massage to feet & legs
- continue with stretching
- see GP in regards to swelling.
- Drink water.
- suggested looking into a light stretching class