

SOAP NOTE

Client Name	Date of Therapy
Eilee Holliday	30/1/25
Provider Name	Service Received
	Remedial

Subjective Symptoms: Onset / Location / Intensity / Frequency

- Headaches from occipital to front of above eye brows.
- back problems & tightness (lowers)
- Upper back & traps.
- stress induced.
- General health good / sleep ok.
- Shoulders slightly rotated in.

Objective Findings: Visual / Palpable / Test Results

- palpation - Tight Neck to Glutes lower back.
- Rom Restricted in torso L & R side.
- Glute stretch - Tight in Glute.

Assessment Goals: Long-Term / Short-Term

- Tmj massage.
- massage & trigger point to Glutes, Rhomboids, inter scap
- neck & traps
- Neck stretch & peck stretch.

Plan: Future Treatment / Frequency / Self-Care

- Less tight in above massage areas.
- Shoulders more inline.
- Client to stretch (showed client peck stretch, psoas muscle stretch & Glute stretch).
- Drink plenty of water.