

SOAP NOTE

Client Name	Date of Therapy
Julie Jones	14/12/24 11am
Provider Name	Service Received
Tanya	Remedial

Subjective Symptoms: Onset / Location / Intensity / Frequency

- * tingles down arm into fingers
- * Slight pain in Hips
- * Feeling tight in with slight pain in Glutes
- * Headaches due to fractured skull

Objective Findings: Visual / Palpable / Test Results

- Ram Restricted in Hips
- Glute stretch showed tight psoas, tight Glutes
- Palpation: tight upper traps & erectors

Assessment Goals: Long-Term / Short-Term

- * Reduce pain in hip
- * Reduce tightness in Glutes & upper traps

Plan: Future Treatment / Frequency / Self-Care

- * Continue stretching
- * Drink water
- * see Gp re: Right Hip pain