

SOAP NOTE

Client Name	Date of Therapy
Mark	5/2/25
Provider Name	Service Received
Tanya	Remedial

Subjective Symptoms: Onset / Location / Intensity / Frequency

- Psoas muscle tight
- upper traps tight
- Tight lower back Hip clicking

Objective Findings: Visual / Palpable / Test Results

- Tight through erectors (during massage)
- Palpation tight from neck to lower back
- stretch test confirmed tight psoas

Assessment Goals: Long-Term / Short-Term

- Same treatment as last appointment
- Psoas muscle stretch performed
- Neck Resistance ~~stretch~~ stretch

Plan: Future Treatment / Frequency / Self-Care

- Continue stretching
- Drink water
- Book another appointment as client is still tight and require another appointment