

Therapy Documentation Templates

Templates

Save 30 Minutes a Day

Assessment of Neuromuscular Re-education (Balance & Stability)

Treatment Examples are Bolded

SUBJECTIVE | INTAKE SU

Patient Overview	
Chief Complaint	
Case or History	
Medical Treatment & Testing	
Current Limitations	

Sample Subjective

The patient is a 62-year-old female who presents with a chief complaint of difficulty walking on uneven surfaces. She reports that she has been experiencing this for several months and it is affecting her quality of life.

OBJECTIVE PHRASE Examples

Postural Assessment & Symptom Location

- Patient stands with bilateral hip discomfort superior and inferior superior
- Intermittent symptoms on the right side
- Intermittent symptoms superior inferior with unilateral abdominal discomfort
- Patient is unable to participate during right progression during walk with pain
- Intermittent
- Increased frequency of bilateral upper extremity with forward head posture
- Patient stands with legs shifted to avoid full weight bearing on left side
- Intermittent knee hyperextension pain occur with walking
- High arch observed in standing but improves with pronation of pedal

Vital Signs

- Blood Pressure: 120/70 mmHg
- Heart Rate: 72 bpm
- Respiratory Rate: 20

Joint ROM

- Neck Flexion: 0/0 - 100/120
- Neck Extension: 0/0 - 0/0

Muscle Testing

Neck Flexion	1/5	2/5
Neck Extension	2/5	3/5
Hip Extension	3/5	4/5

Special Tests

- Straight Leg Test +
- Straight Leg Test -
- Sit Stand +

Balance Testing

- TUG: 12 seconds
- BUL: 10 seconds (L, R, B)
- Timed Up and Go: 15 seconds

Gait & Functional Movement Tests

- Patient ambulation with an antalgic gait pattern, leaning right leg
- Poor hip extension noted on right at terminal stance
- Poor trunk stabilization on right at terminal stance
- Intermittent hip extension discomfort during left swing phase
- Poor trunk stabilization observed with pronation of left foot
- Forward abdomen and rounded posture noted with separation
- Intermittent symptoms noted with pronation of right hip abductors

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PTP

Assessment of Manual Therapy (Soft Tissue & Joint Mobilization)

Treatment Examples are Bolded

ASSESSMENT EXAMPLES

Sample Assessment Formula

The patient **reports** (subjective) difficulty walking on uneven surfaces (chief complaint) with bilateral abdominal discomfort (intermittent). During this (subjective) assessment, I noticed (intermittent).

In this patient, I observed poor performance of manual therapy noted by decreased anterior translation of femur. Assessment to date indicate poor response to decreasing pain while using the manual therapy.

The patient demonstrates lack of head, neck movement during the assessment. Intermittent pain on pronation of foot is reported as a limitation in order to achieve greater knee extension.

Action words

- Assessment performed, mild neck pulled back.

Quality of Performance

- Poor, manual intervention revealed poor unstable, restricted motion.

Task or Movement

- Patient seated, walking, stepping up, stepping down, carrying into floor, with assistance, etc.

Specific Impairments or Improvements

- Decrease forward abdominal discomfort, poor recruitment of glute, lack of push off in gait, improved pronation of foot, etc.

Global Instruction

- Encourage the patient to maintain good posture when step up, reducing the strain on the lower extremities, ensure good step up, reducing the strain on the lower extremities with assistance, etc.

Outcome

- Resulted in decreased pain, improved ROM, better posture of the joint during motion, less discomforting, better ability to step up without etc.

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OVER 60

Assessment Examples

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L Darling-Hammond



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