

# 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 shoulder flexion
- Patient is unable to palpation along right suprapatellar tendon with active resistance
- Normalized height of 160cm, spine present with forward head posture
- Patient stands with legs shifted to avoid full weight bearing on left side
- Intermittent knee hyperextension pain occur with standing
- Right ankle discomfort to standing from midstance with pronation of pedal axis

#### Vital Signs

- Resting BP measured on sitting on right arm: 124/78
- Resting HR 72 bpm
- Resting RR 18
- Resting SpO2 98

#### Joint ROM

- Neck Flexion: L/R: 100/120
- Neck Extension: L/R: 10/15

#### Muscle Testing

Neck Flexion	4/5	5/5
Neck Extension	4/5	5/5
Hip Extension	4/5	5/5

#### Special Tests

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

#### Balance Testing

- TUG: 12 seconds
- BLS (10 seconds): 2.5
- 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 knee flexion noted on right at terminal stance
- Intermittent hip extension discomfort during left swing phase
- Poor posterior translation observed with pronation of left foot
- Intermittent ankle and medial malleolus discomfort with supination
- Intermittent discomfort noted with pronation of right hip abductors

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### ASSESSMENT EXAMPLES

#### Sample Assessment Formula

The patient [status word] [ability/quality of performance] [task or movement] with [specific assessment or measurement]. During this [action/observation] resulted [outcome].

Ex: The patient demonstrated poor performance of lateral step down for relative anterior translation of femur. Assessment for knee stability was successful in decreasing pain while using the

The patient demonstrates lack of heel, heel recruitment during the gait cycle. Intermittent pain on pronation of foot is reported as necessary in order to achieve greater knee extension.

#### Action words

- Assessment performed (did, reached, pulled, lifted)

#### Quality of Performance

- Poor, limited, uncontrolled, unstable, unsteady, unbalanced, etc.

#### Task or Movement

- Patient seated, walking, standing, sit-stand, sit-to-stand, sit-to-stand, etc.

#### Specific Impairments or Improvements

- Decrease femoral anterior translation, poor recruitment of glute, lack of push off in late stance phase of gait cycle, etc.

#### Resulted Instruction

- Emphasize heel recruitment, correct gait cycle step up, reduce the pronation of the foot, etc.

#### Outcome

- Resulted in decreased pain, improved ROM, better gait cycle of the joint during motion, less discomfort, better ability to sit, stand, walk, etc.

OVER 60

Assessment Examples

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## **Table of Contents Documentation For Group Therapy Examples**

1. Understanding the eBook Documentation For Group Therapy Examples
  - The Rise of Digital Reading Documentation For Group Therapy Examples
  - Advantages of eBooks Over Traditional Books
2. Identifying Documentation For Group Therapy Examples
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Documentation For Group Therapy Examples
  - User-Friendly Interface
4. Exploring eBook Recommendations from Documentation For Group Therapy Examples
  - Personalized Recommendations
  - Documentation For Group Therapy Examples User Reviews and Ratings
  - Documentation For Group Therapy Examples and Bestseller Lists
5. Accessing Documentation For Group Therapy Examples Free and Paid eBooks

- Documentation For Group Therapy Examples Public Domain eBooks
  - Documentation For Group Therapy Examples eBook Subscription Services
  - Documentation For Group Therapy Examples Budget-Friendly Options
6. Navigating Documentation For Group Therapy Examples eBook Formats
    - ePub, PDF, MOBI, and More
    - Documentation For Group Therapy Examples Compatibility with Devices
    - Documentation For Group Therapy Examples Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Documentation For Group Therapy Examples
    - Highlighting and Note-Taking Documentation For Group Therapy Examples
    - Interactive Elements Documentation For Group Therapy Examples
  8. Staying Engaged with Documentation For Group Therapy Examples
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Documentation For Group Therapy Examples
  9. Balancing eBooks and Physical Books Documentation For Group Therapy Examples
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Documentation For Group Therapy Examples
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Documentation For Group Therapy Examples
    - Setting Reading Goals Documentation For Group Therapy Examples
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Documentation For Group Therapy Examples
    - Fact-Checking eBook Content of Documentation For Group Therapy Examples
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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