

# SOAP Note for Massage Therapy Template

## Patient Information

First Name: Tom

Surname: Smith

DoB: 08/02/1982

Date: 03/08/2022

## Subjective

Tom reports variable aching pain in the neck and upper back that has been present for the past month. Tom says his fortnightly massages help with the pain and improve his mobility. His current level of pain is 3/10.

## Objective

Tom received a full body Swedish massage. He was advised on how to maintain correct posture and taught stretching exercises. ROM at the upper spinal area has restriction.

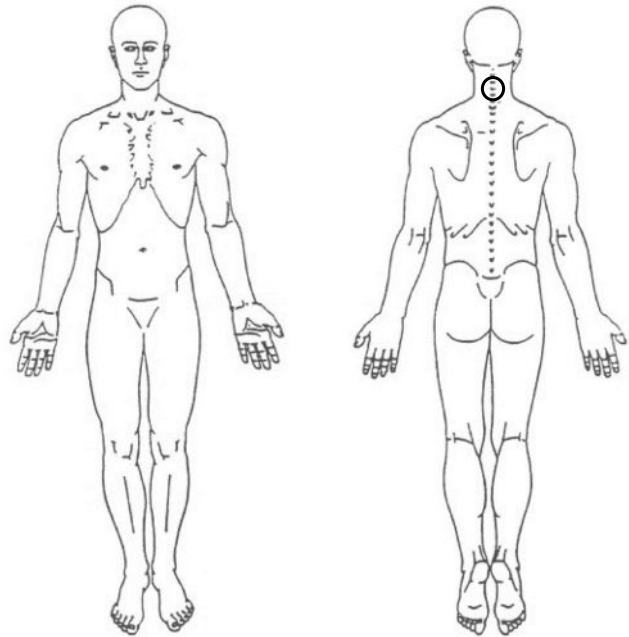
## Assessment

Tom's level of pain after massage was 1/10. He is complicit with completing exercises daily.

## Plan

Tom will have another session in a fortnight and we will reassess pain and mobility. Tom will stretch daily and work on posture to reduce neck stiffness.

## Symptom Analysis



✕ Adhesion

≈ Spasm

↻ Rotation

○ Inflammation

○ Pain

9 Trigger Point

● Tender Joint

/ Elevation

≡ Hypertonicity

## Additional Notes

Signature

Date

03/08/2022

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