

Patient Initials _____ Age _____ Gender _____ Appt Time _____ am/pm

DAILY NOTE

Subjective	Functional Question	Updates

Agenda for Treatment	
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Measurements	Pre-treatment	Intervention	Post-treatment

Exercise Ideas	
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Response to treatment	
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Plan for next visit	<input type="checkbox"/> Continue per POC <input type="checkbox"/> Progress _____ <input type="checkbox"/> Discontinue _____ <input type="checkbox"/> Follow up with _____
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Patient Initials _____ Age _____ Gender _____ Appt Time _____ am/pm

DAILY NOTE

Subjective	Functional Question	Updates
	<i>Pt was limited to 10 min sitting and 30 min walking</i>	<i>Had a hard time falling asleep</i>

Agenda for Treatment	<ul style="list-style-type: none"> ● <i>Review HEP</i> ● <i>Test/retest lumbar ROM</i> ● <i>Joint mobilizations (type)</i> ● <i>Ktape low back</i> ● <i>Exercises</i>
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Measurements	Pre-treatment	Intervention	Post-treatment
<i>Lumbar</i> <ul style="list-style-type: none"> ● <i>Flex</i> ● <i>Extension</i> ● <i>LSB, RSB</i> 	<i>45 deg</i> <i>15 deg</i> <i>20 deg *RSB</i>	<i>Joint mobilizations</i> <i>Ktape</i>	<i>50 deg</i> <i>15 deg</i> <i>20 deg (no pain)</i>

Exercise Ideas	<i>Progress prone on elbows to press-ups</i> <i>Plank - increase hold time</i> <i>Add plank to HEP if goes well</i>
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Response to treatment	<i>Reduced pain with RSB after manual therapies and ktape for neuromuscular re-education. Discussed with patient to continue for 1 more treatment then discontinue. Was able to add plank to HEP.</i>
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Plan for next visit	<input type="checkbox"/> Continue per POC <input type="checkbox"/> Progress <u><i>exercises if pain is reduced with RSB next visit</i></u> <input type="checkbox"/> Discontinue _____ <input type="checkbox"/> Follow up with _____
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