S  (Subjective) Client symptoms and information given by referring healthcare provider and by client.

O  (Objective) Clinical observations derived from interview, palpation, visual exam and posture assessment.

A  (Assessment/Application) Treatment used and client response to treatment.

P  (Plan of Treatment) Treatment options, recommendations and self-care plan.

additional notes

insurance ID number

date of injury

modality type (code)  duration

modality type (code)  duration

current medications

symptoms: location/intensity/duration/frequency/onset

- Adhesion ≈ Spasm
- Rotation ◁ Inflammation
- Pain ↕ Trigger point
- Tender Point / Elevation
- Hypertonicity

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