

SOAP NOTE

Client Name	Date of Therapy
Kate Rice	26/2/25
Provider Name	Service Received
	Remedial.

Subjective Symptoms: Onset / Location / Intensity / Frequency

- Woke up with stiff tight neck.

Objective Findings: Visual / Palpable / Test Results

- Rom w neck restricted on R Turn.
- Tight through traps
- Rhomboids & Erectors tight.

Assessment Goals: Long-Term / Short-Term

- massage to erectors.
- massage & Trigger point therapy to upper traps, Rhomboids & inter scapular.
- neck & peck massage.
- Neck stretch.

Plan: Future Treatment / Frequency / Self-Care

- Self care stretching.
- Drink plenty of water.

