

SOAP NOTE

Client Name	Date of Therapy
Ashleigh Dudman.	31/1/25
Provider Name	Service Received
Tanya.	Pregnancy massage.

Subjective Symptoms: Onset / Location / Intensity / Frequency

- Swelling in Ankles
- client is 37 weeks pregnant.
- Sore in Hips
- First pregnancy.

Objective Findings: Visual / Palpable / Test Results

- On discussion client mentioned her mental health condition of anxiety & depression.
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Assessment Goals: Long-Term / Short-Term

- Relaxation pregnancy massage.
- massage to back, legs, feet, arms

Plan: Future Treatment / Frequency / Self-Care

- Drink plenty of water.
- coming back in for massage once settled with the baby.