

SOAP NOTE

Client Name	Date of Therapy
Jayson Burke	18/3/25
Provider Name	Service Received
Tanya	Remedial massage (int con) 20 min Sauna

Subjective Symptoms: Onset / Location / Intensity / Frequency

Client mentioned that he has back & neck problems, bilateral shoulder pain, upper back discomfort. Jayson is a workshop Supervisor and works with machinery. he sits upright position 4+ days a week. Client gets headaches in frontal region possible teeth clenching. Client reports lower back and hip pain. Right knee Cartilage Clean out procedure. No Medication. Broken Ankle 4 years ago.

Objective Findings: Visual / Palpable / Test Results

- palpation client is tight from Neck to Lower back.
- Glute stretch test revealed tightness in psoas & Glute muscles.

Assessment Goals: Long-Term / Short-Term

- Reduce pain & tightness in identified areas.
- Massage to neck, shoulders & upper back.
- psoas ~~for~~ muscle release.

Plan: Future Treatment / Frequency / Self-Care

- Client discussion on regular massages & sauna on week off.
- Self care discussed - breathing exercises for stress
- Stretching exercises for psoas, pectorals & back (with towel)
- Drink plenty of water

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