

SOAP NOTE

Client Name	Date of Therapy
Anthony Bootes	8/3/25
Provider Name	Service Received
Tanya	Remedial & 30 min Sauna \$125.

Subjective Symptoms: Onset / Location / Intensity / Frequency

Client reports - heel pain - lower back discomfort - tightness in hamstrings - upper back tightness - stiffness in neck - shoulder & pectoral tightness	Client advises disruption in sleep patterns which may have something to do with current eating diet. Also mentioned challenging emotional period last couple of months.
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Objective Findings: Visual / Palpable / Test Results

- Tension in pectoral muscles - Glute stretch test showed hamstring tightness & Glute tightness - palpation tightness from upper traps to lower back.

Assessment Goals: Long-Term / Short-Term

- massage & trigger point therapy to top of hamstrings, Glutes, & upper back & traps. - massage & stretching to neck & pec muscles. - Goal to release tension & be in less pain. Sauna incorporated into treatment.

Plan: Future Treatment / Frequency / Self-Care

- Discussed consultation with Nutritionist. - Discussed importance of maintaining stretching routine - suggested maintaining current exercise routine. - Client reports improvement in body & neck mobility.
