

SOAP Progress Notes

Clinical Documentation Template
Confidential client record

Patient Name

Michael Torres

Date of Birth

14/07/1979

Date of Visit

21/10/2026

Patient ID

PT-20458

Practitioner

Sophie Clarke, Physio

Visit Type

Follow-up (visit 3)

S Subjective

Chief complaint, symptoms, pain, function, changes since last visit

Michael reports his lower back pain has improved since last week: "I still feel stiff when I wake up, but I can get through the work day now." Rates pain 4/10 on waking, 2/10 by midday (was 6/10 at initial assessment). No leg pain, pins and needles or numbness.

Completed home exercises most days. Still avoiding lifting his toddler from the cot. Sitting tolerance improved from 20 to 45 minutes.

O Objective

Observation, range of motion, palpation, special tests, outcome measures

Posture: reduced lumbar lordosis, mild guarding with sit-to-stand. Lumbar flexion 55° (was 40°), extension 15° with end-range pain, side flexion symmetrical.

Palpation: tenderness and increased tone right L4/5 paraspinals, reduced since last visit. SLR negative bilaterally (80°). Neuro screen: myotomes, dermatomes and reflexes L2–S1 intact. Oswestry Disability Index 22% (was 38%).

A Assessment

Clinical impression, progress against goals, contributing factors

Non-specific low back pain, mechanical, improving. Good progress against goals: flexion range, sitting tolerance and ODI all improved and no neurological signs. Remaining limitation is lifting from low surfaces, linked to fear of re-injury and reduced hip hinge control.

P Plan

Treatment provided, home program, goals, referrals, next appointment

Treatment today: soft tissue release right lumbar paraspinals; grade III PA mobilisations L4/5; hip hinge retraining with dowel.

Home program: progress to bird dog and goblet squat 3 × 10 daily; walk 20 minutes daily. Education on graded return to lifting.

Goal: lift toddler from cot pain-free within 3 weeks. Review in 1 week; reduce to fortnightly if progress continues.

Signature

S. Clarke

AHPRA Registration No.

PHY0001234567

Date Signed

21/10/2026