

## SOAP NOTES

Confidential

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Observations/Recommendations: \_\_\_\_\_

Range of Motion: \_\_\_% Area1 \_\_\_\_\_ Range of Motion: \_\_\_% Area2 \_\_\_\_\_ Range of Motion: \_\_\_% Area3 \_\_\_\_\_

Pain Threshold: High Low Client Preferences: \_\_\_\_\_

### Arm

- Biceps/Tricep Supinator
- Brachialis
- Coracobrachialis
- Deltoids: Ant/Lat/Post
- Pronator Teres

### Hip/Leg

- Add Long/Brev Mag
- Biceps Femoris
- Gemellus Sup/Inf
- Gluteus Max/Med/Min
- Obturator Int/Ext
- Pectineus
- Piriformis
- Psoas Major/Illacus
- Quadratus Femoris
- Rectus Femoris
- Sacrospinialis
- Sartorius/Gracilis
- Semi-Tend/Membranosus
- Tensor Fasciae Latae
- Trochanteric
- Vastus Int/Med/Lat

### Chest

- Diaphragm
- Ext/Int Obliquic
- Intercostals
- Pectoralis Major/Minor
- Rectus Abdominis
- Ribs
- Serratus Anterior
- Subclavius
- Transverse Abdominis

### Foot

- Abd/Add Hallucis Brev
- Abductor Digiti Brevis
- Dots/Plan Interossei
- Flexor Digiti Minimi Brevis
- Flexor Digitorum Brevis
- Flexor Hallucis Brevis
- Lumbricals
- Quadratus Plantae
- Retrocalcaneal

### Neck

- Scalenes Anter/Med/Post
- Splenus Capitus
- Splenus Cervicus
- Sternocleidomastoid
- Supra Infra Hyoids

### Head

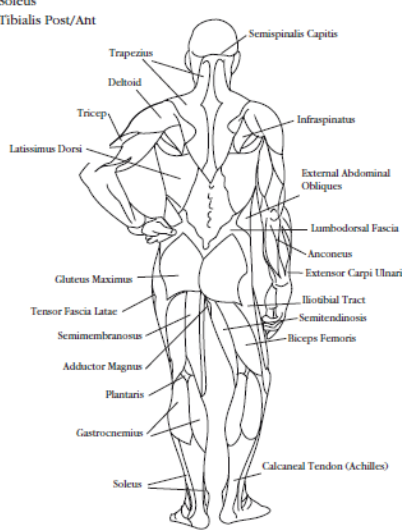
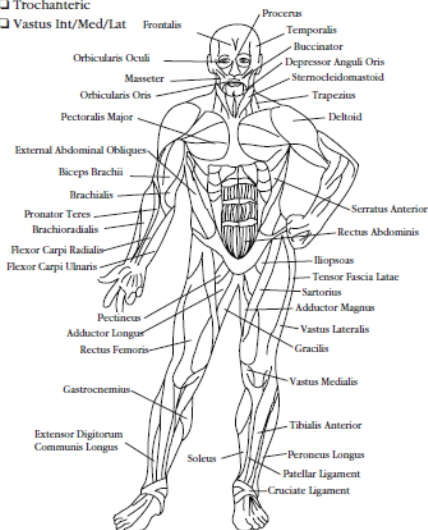
- Auricularis Post/Sup
- Buccinator
- Masseter
- Orbicularis Oris/Occludi
- Pterygoid Med/Lat
- Transverse Nuchae
- Temporalis

### Lower Leg

- Flex/Ext Digitorum Long/BR
- Flex/Ext Hallucis Long
- Gastrocnemius
- Peroneus Tert/Brev/Lon
- Plantaris/Popliteus
- Soleus
- Tibialis Post/Ant

### Back

- Erector Spinae
- Iliocostalis
- Infraspinalis
- Interspinalis
- Intertransversarii
- Latissimus Dorsi
- Levator Scapula
- Longissimum
- Multifidus Rotatores
- Quadratus Lumborum
- Rhomboids: Major/Minor
- Serratus Post/Sup/Inf
- Spinalis/Semispinalis
- Subscapularis
- Supraspinatus
- Teres Major/Minor
- Trapezius



Therapist signature: \_\_\_\_\_ Date: \_\_\_\_\_



Client Name \_\_\_\_\_  
\_\_\_\_\_ Current Date

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Therapist initials \_\_\_\_\_ Current Date \_\_\_\_\_

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