

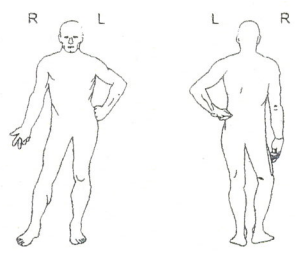
S: (Subjective) Client reported status—goals for session, symptoms, functional limitations; Physician’s diagnosis or description of condition

O: (Objective) Practitioner reported findings—posture, movement, palpation; and massage/bodywork application—what you did, where you did it, for how long

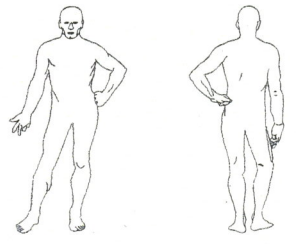
A: (Assessment/Application) Client’s response to treatment—less pain, more movement, etc.; quantify results using either a numerical scale, 0-10, or a value scale, Mild (L) moderate (M) or Severe (S)

P: (Plan) Recommendations for self-care and plan for future care

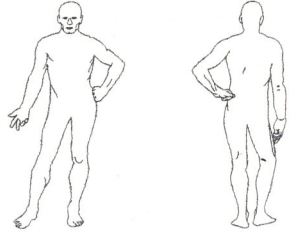
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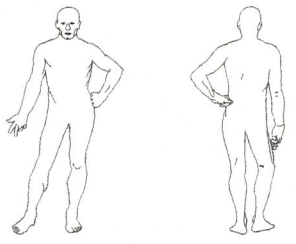
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Key: Symbols for figures
 Pain O
 Stiffness/tension ≡
 Spasm ≈
 Adhesion/Scar tissue X
 Inflammation O
 Elevation or depression /
 Rotated ↶ or ↷

Key: Abbreviations
 R = right
 L = left
 BL = bilateral
 ROM = range of motion
 XFF = cross fiber friction
 P = pain
 M = massage
 HA = headache
 < = less than
 > = greater than