

Therapy Documentation Templates

Save 30 Minutes a Day

Assessment of Neuromuscular Re-education (Balance & Stability)

Assessment of Manual Therapy (Soft Tissue & Joint Mobilization)

Treatment Examples are Bolded

Treatment Examples are Bolded

SUBJECTIVE | INTAKE SUBJECTIVE

Patient Overview	
Chief Complaint	
Cause or History	
Medical Treatment & Testing	
Current Limitations	

Sample Subjective

The patient is a 42-year-old female who presents with chronic low back pain. She reports that the pain is worse when she is sitting or standing for long periods of time. She also reports that the pain is worse when she is lifting or moving heavy objects.

OBJECTIVE PHRASE Examples

Postural Assessment & Symptom Location

- Patient stands with feet hip-width apart, shoulders over hips, and arms at her sides.
- Head is centered over the shoulders.
- Pelvis is neutral to slight anterior tilt.
- Thoracic spine is slightly rounded.
- Lumbar spine is slightly rounded.
- Patient stands with feet hip-width apart, shoulders over hips, and arms at her sides.
- Head is centered over the shoulders.
- Pelvis is neutral to slight anterior tilt.
- Thoracic spine is slightly rounded.
- Lumbar spine is slightly rounded.

Vital Signs

- Blood Pressure: 120/80 mmHg
- Heart Rate: 72 bpm
- Respiratory Rate: 18

Joint ROM

- Neck Flexion: 45°
- Neck Extension: 45°

Muscle Testing

Right Shoulder	4/5	Left Shoulder	4/5
Right Hip	4/5	Left Hip	4/5
Right Knee	4/5	Left Knee	4/5

Special Tests

- Straight Leg Test: +
- Straight Leg Test: -
- Hip Test: +

Balance Testing

- FOT: 10 seconds
- SLS: 10 seconds
- Tandem Stance: 10 seconds

Gait & Functional Movement Tests

- Patient ambulates with an antalgic gait pattern.
- Patient ambulates with a normal gait pattern.
- Patient ambulates with a normal gait pattern.
- Patient ambulates with a normal gait pattern.
- Patient ambulates with a normal gait pattern.

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ASSESSMENT EXAMPLES

Sample Assessment Formula

This patient (subject name) - Subjective location of symptoms (back or neck/shoulder) with objective observations of (muscle strength, range of motion, etc.). During this (subjective observation) resulted in (subjective).

Ex: The patient demonstrated poor performance of lateral squat. Based on subjective observation of symptoms, observations of poor motor control resulted in decreased pain while using these movements.

The patient demonstrated lack of core muscle recruitment during a movement in order to achieve greater knee extension.

Action words:

- Demonstrated performed, lifted, reached, pulled, carried, lifted.

Quality of Performance

- Proper, improved, uncontrolled, controlled, poor, unstable, coordinated, fast, slow.

Task or Movement

- Lateral squat, walking, stepping, sit, reaching, lifting, carrying, into, from, out of, up, down, etc.

Specific Impairments or Improvements

- Decreased trunk extensor muscle strength, poor recruitment of glutes, lack of push-off in heel, increased recruitment of quads, etc.

Refined Instruction

- Emphasize that lower abdominal muscles engage when step-up, reducing the lower trunk stress.

Outcome

- Resulted in decreased pain, improved ROM, better position of the joint during motion, less awkward/groaning, better ability to sit, stand, etc.

OVER 60

Assessment Examples

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Documentation For Group Therapy Examples

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Wennlund, Ulf Åkerström, Ann
Örhammar**

Documentation For Group Therapy Examples:

The Clinical Documentation Sourcebook Donald E. Wiger, 2009-12-31 All the forms handouts and records mental health professionals need to meet documentation requirements fully revised and updated The paperwork required when providing mental health services continues to mount Keeping records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important Now fully updated and revised the Fourth Edition of The Clinical Documentation Sourcebook provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing and protecting your practice The Fourth Edition offers Seventy two ready to copy forms appropriate for use with a broad range of clients including children couples and families Updated coverage for HIPAA compliance reflecting the latest The Joint Commission TJC and CARF regulations A new chapter covering the most current format on screening information for referral sources Increased coverage of clinical outcomes to support the latest advancements in evidence based treatment A CD ROM with all the ready to copy forms in Microsoft Word format allowing for customization to suit a variety of practices From intake to diagnosis and treatment through discharge and outcome assessment The Clinical Documentation Sourcebook Fourth Edition offers sample forms for every stage of the treatment process Greatly expanded from the Third Edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out Note CD ROM DVD and other supplementary materials are not included as part of eBook file

Why Group Therapy Works and How to Do It Christer Sandahl, Hjördis Nilsson Ahlin, Catharina Asklin-Westerdahl, Mats Björling, Anna Malmquist Saracino, Lena Wennlund, Ulf Åkerström, Ann Örhammar, 2020-09-20 This book describes how group treatment offers a unique opportunity for group members to learn and to change as they interact with other group members The group structure presents a social microcosm of relationships that people who seek psychotherapeutic treatment find problematic in their private and public lives In groups the participants can observe each other provide feedback to each other and practice change strategies In short group treatment has a powerful healing and supportive function Based on the authors many years of education and experience in academia the private and public sectors specific guidance is offered to group leaders on participation organization and communication in group treatment The authors describe the history and characteristics of group treatment how to organize a treatment group the roles and responsibilities of the group leader methods of group treatment and typical responses of participants Given its purpose and methodology this book takes an original perspective on group treatment aimed ultimately at improving healing processes in healthcare and social care This book will provide a helpful introduction and guide for a range of professionals who work in primary healthcare company healthcare somatic care psychiatric and social care and the non profit sector

Teaching Facilitation of Group Therapy Nina W. Brown, 2023-12-21 Teaching Facilitation of Group Therapy explores an extensive range of topics crucial to effective teaching and practice and will be a valuable resource for

instructors of group therapy With an emphasis on evidence based methodologies this book describes proven teaching techniques that foster a dynamic learning environment facilitate group cohesion and promote meaningful interventions The author presents ethical considerations including those that relate to using social media in therapeutic practices equipping readers with the knowledge to leverage its potential while safeguarding client confidentiality and well being This resource presents topics including therapeutic factors and effective interventions the use of the group leader s inner development as a guide for therapeutic alliance and group members healing cutting edge therapeutic AI applications the role of self absorption for members and the leader group dynamics ethical uses of social media in therapeutic settings and serves as a comprehensive guide for instructors in the art of teaching group psychotherapy in the modern era This is an indispensable resource for educators to elevate their expertise in teaching group psychotherapy and prepare clinicians and students by deepening their understanding of group dynamics and how to employ effective interventions that promote healing and growth in therapeutic settings

Handbook of Group Counseling and Psychotherapy Janice L. DeLucia-Waack, 2004 The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena counselling and therapy groups The Handbook encourages the notion that the field is improved through increased collaboration between researchers and practitioners Through a review of cutting edge research and practice the Handbook includes 48 articles by renowned experts in group work the history and theory of group work topics across the lifespan an entire section on multicultural issues a variety of clinical problems and settings appendices include the Association for Specialists in Group Work Training Standards Best Practice Standards and Principles for Diversity Competent Group Workers The Handbook is divided into seven sections Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method The chapter outlines review articles spanning four decades and outlines the evolution of group themes over the last 100 years Best Practices in Group Counselling and Psychotherapy uses research theory and group counseling experience to provide group leaders and researches with the most current and best practices in conducting group counseling and psychotherapy Multicultural Groups follows the ASGW Principles for Diversity Competent Group Workers and is intended to provide group leaders with essential information about different cultural groups and their world views perceptions of groups naturalistic healing methods suggested group interventions and implications for groups Chapters cover Native Americans Latinos Asians and African Americans disabled persons and gender and sexuality Groups Across Settings includes examples of psycho educational counseling and psychotherapy groups in a variety of settings This section presents readers with theoretical and empirical support for group work in such settings as the Veterans Administration system university counselling centers and more Groups Across the

Lifespan consist of chapters across many age groups For children and adolescents cognitive and developmental issues are addressed For adults socialization and interpersonal issues are addressed including separate chapters for male and female groups Finally a chapter on the elderly deals with cognitive health and life review issues Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues such as grief substance abuse depression and others Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support Finally Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future Emerging issues such as online groups prevention groups and peer led mutual help groups receive careful attention and analysis The Handbook of Group Counseling and Psychotherapy the first reference devoted to this emerging and rapidly growing field is essential for academics researchers professionals and librarians serving the group therapy community There is no similar reference available and it will prove a landmark volume for years to come

The Ethics of Group Psychotherapy Virginia Brabender, Rebecca MacNair-Semands, 2022-04-19 The Ethics of Group Psychotherapy provides group psychotherapists with the ethical and legal foundation needed to engage in effective decision making in their everyday group practices This text provides readers with a framework for understanding ethical dilemmas through a review of major models of ethical thinking including principlism feminism and the ethics of care and virtue ethics The authors use this foundation to explore those problems emerging most routinely in group practice among which are safeguarding members personal information protecting members autonomy and helping members to process differences particularly those related to privilege and oppression in a way that furthers interpersonal relations and social justice Throughout the text practical tools such as using assessments to aid in member selection and tracking progress and outcome through measurement based care are offered that bolster the group psychotherapist s effectiveness in ethical decision making Featuring questions for discussion and items to assess the reader s master of the material this text will be a valuable tool in classroom and small group learning

Educational Research Document Summaries Educational Research Information Center (U.S.), 1966 **A Guide to Evidence-Based Group Work** Mark J. Macgowan, 2008-02-12 Organized logically around the process and philosophy of evidence based practice the text develops a four stage sequence in which group workers formulate a practice question search for evidence undertake a critical review of the evidence and apply the evidence with judgment skill and concern for relevance and appropriateness utilizing evaluation to determine if desired outcomes are achieved The evidence based framework leaches students how to apply best practices through a wealth of case examples checklists assessment tips and clear instructions for formulating questions and evaluating answers Designed as a supplement tor graduate group work courses this landmark book will be equally valuable lot professionals eager to hone their practice skills and researchers searching for group interventions and assessment tools **BOOK JACKET** *Theory and Practice of Group Counseling* Gerald Corey, 1985 **Group Treatment of Neurogenic Communication Disorders**

Roberta J. Elman, 2007 Dr Roberta J Elman has drawn together a group of expert clinicians to document their experiences with various approaches to group treatment in rehabilitation subacute outpatient and community settings *Public Documents of Massachusetts* Massachusetts, 1835 Comprehensive Group Psychotherapy Harold I. Kaplan, Benjamin J. Sadock, 1993 A textbook providing a comprehensive survey of the therapeutic techniques that dominate contemporary group practice and the theories and hypotheses on which they are based The volume is divided into six major sections basic principles specialized group psychotherapy techniques special practices in group psychotherapy group psychotherapy with special populations group psychotherapy in special settings and training research and special areas The first edition was published in 1971 the second in 1983 Annotation copyright by Book News Inc Portland OR **The Massachusetts register**, 1987-05-15 **Foundations: An Introduction to the Profession of Physical Therapy** Stephen J. Carp, 2019-01-28 A unique blueprint to a successful physical therapy practice from renowned experts In the last 100 years the profession of physical therapy has grown from a little known band of reconstruction aides to a large and expanding worldwide group of dedicated professionals at the cutting edge of health care diagnostics interventions research ethics and altruistic community service Foundations An Introduction to the Profession of Physical Therapy by distinguished physical therapist and educator Stephen Carp reflects nearly 40 years of expertise in this evolving field The book covers the the background music of physical therapy important issues aspiring physical therapists and physical therapist assistants need to master prior to starting clinical practice Sixteen chapters present a broad spectrum of content covering core behavioral clinical and professional concerns encountered in practice Experts provide firsthand guidance on reimbursement working as a healthcare team documentation ethical issues and community service clinical research and education an overview of the APTA career development and more Key Highlights From the history of the profession to cultural spiritual and legal aspects of practice this unique resource provides insights not found in traditional physical therapy foundation textbooks About 20 comprehensive vignettes with real life experiences enhance the text Text boxes with insightful first person narratives highlight chapter content A list of review questions and meticulous references at the end of every chapter enhance learning and encourage further research All PT and PTA students will benefit from the expert wisdom and pearls shared in this essential reference *Legislative Documents* New York (State). Legislature, 1927 *House and Senate Documents of the ... Session* Virginia. General Assembly, 1994 Volumes for some years include documents for extra or special sessions **"Code of Massachusetts regulations, 1997"**, 1997 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 Legislative Document New York (State). Legislature, 1921 **House and Senate Documents** Virginia. General Assembly, 1994 **The International Journal of Group Psychotherapy**, 1992 *Educational Research Document Summaries* Educational Research Information Center (U.S.), 1966

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put the loaf tray on the middle shelf and bake for 25 minutes then lower the oven to 200 c 392 f gas mark 6 and bake for 10 15 minutes more until the crust has a good colour hold the loaf in a tea towel and tap the bottom if it sounds hollow it s
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meanwhile heat the oven to 230 c 210 c fan 450 f gas 8 and put a roasting tray in the bottom of the oven to heat up step 9 remove the risen loaf from the bag and dust with flour fill the roasting tray with cold water to create steam and put the bread in the oven bake for 15 minutes then lower the oven to 190 c 170 c fan 375 f gas 5

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