

Patient Name _____ Examinee Label _____

SOAP NOTE

Do Not write on opposite side of page

Comments

S- cc:neck pain.

Hxcc: sharp pain, mid cervical spine, worse when turning right. Noticed after slip and near fall 2 days ago. No radiation or weakness. Pain is 7-8/10. Pain at night, disturbing sleep. No previous injuries. Advil helps some. Occasional headache on right occiput radiated to temporal region, no sensitivity to light/sound, no nausea/vomiting.

PMH: HTN-on meds in past but lost some weight and BP is OK now.

PSH: tonsillectomy and adenoidectomy, age 6. FH: Father-alive,(age) good health. Mother alive,(age) good health Grandparents alive good health. Maternal grandmother DM. Social History: non-smoker, 1-2 beers/week, 2 cups coffee/day. Allergies: Sulfa. Medications: Advil 400 mg twice daily recently. Immunizations: up to date. ROS: HEENT: Denies visual disturbances, scotomata, headaches, frequent colds or sore throats, hearing problems. Cardiovascular: Denies irregular heartbeat, chest pain or MI. Resp: Denies cough, shortness of breath or wheezing. GI: appetite-good, regular bowel movements, denies nausea, vomiting, diarrhea or constipation. GU: Denies dysuria, or polyuria. Neuro: denies seizures, tics, numbness or tingling Skin: denies rashes, or itching, Extremities: denies arthritis, pain with motion of arms, legs or joints, or varicose veins

Score __/ __

O- 27 yo male, minimal distress, alert and oriented to person, place, time, pleasant affect, pleasant mood, cooperative.

VS: wt 167, pulse 68, BP 125/78. HEENT: normocephalic, atraumatic PERLA, EOM intact, tympanic membranes clear no erythema or bulging, pharynx no erythema or exudates, Heart: RRR with no murmur, clicks, rubs, Lungs: CTA; Extremities: no edema or varicosities; Musculoskeletal: Slight sidebending of cervical spine to right, reduced range of motion in rotation left. Passive range of motion, 90 degrees to the right, 45 degrees left. Increased myofascial tension in scalenes, sternocleidomastoid, and trapezius on the right. C3 flexed ROT right, SB right, T4 extended ROT right, SB right, right Rib 1 elevated, inhalation ease. Neuro: DTR's 2+ and symmetric at biceps, triceps, brachioradialis. Upper ext strength 5/5, symmetric.

Score __/ __

- 1) Cervical Strain.
- 2) Somatic Dysfunction-cervical, thoracic, ribs.
NOTE: Use segmental definition (regional or local) to name the dysfunction. Remember, somatic dysfunctions are named in position of ease. Although this name is referred to as the diagnosis, in a written soap note it is actually an objective finding: it is the identifying descriptor for a structural finding
- 3) HTN-controlled by weight loss

- P.
- 1) Continue with ibuprofen, prn,
 - 2) ice/heat 20 minutes each three times daily for 15 minutes each time
 - 3) passive stretch as instructed,
 - 4) OMT supine muscle energy cervical, seated functional methods thoracic, facilitated positional release rib supine. tolerated well, structural exam improved, subjective improvement, less pain.
 - 5) recheck in two weeks or if getting worse.

Score __/ __