s.o.a.p notes

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**soap for relaxation massage**

s: Goals for Session

o: Techniques Applied

a: Comments

p: Follow-up

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**soap for medical massage**

insurance ID number

date of injury

modality type (code)  duration

modality type (code)  duration

current medications

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s: Functional Goals

activities affected by condition

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o: Visual/Palpable Findings, Modalities

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a: Resulting Subjective and Objective Changes

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p: Massage Plan/Self Care Homework

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**symptoms: location/intensity/duration/frequency/onset**

- Adhesion
- Rotation
- Pain
- Tender Point
- Hypertonicity

- Spasm
- Inflammation
- Trigger point
- Elevation

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