



Physical Therapy SOAP Note Template

Trevor Louis Brown / Hailey Fleming / 17 Mar 2023

Complete

Score	0%	Flagged items	0	Actions	0
Patient Name	Trevor Louis Brown				
Assigned Physical Therapist	Hailey Fleming				
Conducted on	17.03.2023 17:00 PST				
Location	Miami, FL, USA (25.7616798, -80.1917902)				

Inspection

Subjective Data

Age	45
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Race	American
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Gender	Male
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Chief complaint

Low back pain

History of Present Illness (location, quality, severity, timing, setting, alleviating/ aggravating factors, associated signs and symptoms)

Patient reports low back pain for the past 6 months. Pain is located in the lower back, with a dull ache quality, and moderate intensity. Pain is exacerbated with prolonged sitting and standing, and relieved with rest. No associated signs or symptoms.

Past Medical History (allergies, current medication, injuries, hospitalizations, surgeries)

No allergies reported. Current medication includes ibuprofen as needed. No history of injuries, hospitalizations or surgeries.

Family History

None relevant to current condition

Social History

Patient is employed as a construction worker. No tobacco, alcohol or drug use reported.

Review of Systems

No other significant findings.

Objective Data

Height (in)	72 inches
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Weight (lbs)	200 lbs
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BMI	27.1
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Temperature	98.6°F
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Blood Pressure (BP)	126/80 mmHg
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General Appearance

Alert and oriented, no signs of distress.



Photo 1

Laboratory Results

Complete Blood Count (CBC):

Hemoglobin: 14 g/dL (normal range: 13.5-17.5 g/dL)

White Blood Cells (WBC): $7.5 \times 10^3/\mu\text{L}$ (normal range: $4.5-11.0 \times 10^3/\mu\text{L}$)

Platelets: $200 \times 10^3/\mu\text{L}$ (normal range: $150-400 \times 10^3/\mu\text{L}$)

Blood Chemistry:

Glucose: 95 mg/dL (normal range: 70-100 mg/dL)

Blood Urea Nitrogen (BUN): 12 mg/dL (normal range: 8-21 mg/dL)

Creatinine: 0.8 mg/dL (normal range: 0.6-1.2 mg/dL)

Sodium: 140 mmol/L (normal range: 135-145 mmol/L)

Potassium: 4.0 mmol/L (normal range: 3.5-5.0 mmol/L)

Refer to the attached file for a more detailed account of the patient's laboratory results.

[Laboratory Results - Trevor Louis Brown.pdf](#)

Assessment

General Observations

Patient is diagnosed with low back pain, likely due to prolonged standing and heavy lifting at work. Patient has moderate pain intensity with associated activity limitations.

Plan

Treatment Plan

Patient will undergo a course of physical therapy including stretching and strengthening exercises to improve lumbar flexibility and stability. Modalities such as heat and electrical stimulation may also be used. Patient will be educated on proper body mechanics to reduce strain on the lower back during work activities. Patient will be advised to avoid activities that aggravate the pain and to continue taking ibuprofen as needed for pain management. Patient will follow up with the therapist in 2 weeks for re-evaluation.

Completion

Additional Notes

Patient is motivated to participate in therapy and shows good compliance with home exercise program.

General Observations

Patient demonstrates a mild decrease in lumbar flexibility with a positive straight leg raise test. No signs of neurological deficits.

Name & Signature of Attending Medical Practitioner



Hailey Fleming
17.03.2023 18:01 PST

Media summary



Photo 1

[Laboratory Results - Trevor Louis Brown.pdf](#)