

## Sample SOAP note considerations

S (Subjective)	<p><b>Patient reported pain:</b></p> <ul style="list-style-type: none"><li>• Location of pain (specific areas in the low back, radiation to legs if present)</li><li>• Quality of pain (aching, sharp, stabbing)</li><li>• Severity of pain (scale of 1-10)</li><li>• Onset of pain (when it started, any specific event)</li><li>• Aggravating factors (activities, postures that worsen pain)</li><li>• Relieving factors (positions, activities that ease pain)</li><li>• Impact on daily activities (limitations in work, hobbies, self-care)</li></ul> <p><b>Past medical history:</b></p> <ul style="list-style-type: none"><li>• Previous back injuries or surgeries</li><li>• Relevant medical conditions (arthritis, disc herniation)</li></ul> <p><b>Social history:</b></p> <ul style="list-style-type: none"><li>• Occupation and physical demands</li><li>• Lifestyle factors (exercise habits, smoking, weight)</li></ul>
O (Objective)	<p><b>Observation:</b></p> <ul style="list-style-type: none"><li>• Gait pattern (limp, asymmetry)</li><li>• Posture (slouched, lumbar lordosis)</li><li>• Range of motion (ROM) assessments</li><li>• Muscle strength testing (key back muscles, hip flexors, hamstrings)</li><li>• Special tests (e.g., straight leg raise, slump test if indicated)</li></ul> <p><b>Functional assessments:</b></p> <ul style="list-style-type: none"><li>• Ability to bend and lift, sit and stand, perform daily activities (e.g., reaching, lifting groceries)</li></ul>
A (Assessment)	<p><b>Diagnosis:</b></p> <ul style="list-style-type: none"><li>• Chronic low back pain (specify if related to a specific condition if known)</li></ul> <p><b>Clinical reasoning:</b></p> <ul style="list-style-type: none"><li>• Analysis of subjective and objective findings</li><li>• Contributing factors to pain (muscle imbalances, postural issues, biomechanics)</li></ul>

P (Plan)

**Treatment interventions:**

- Acupuncture protocol
- Modalities (heat, ice, electrical stimulation if appropriate)
- Education on body mechanics and posture correction
- Activity modification

**Patient goals:**

- Functional goals (improve ability to perform daily activities)
- Pain management goals (reduce pain level)

**Follow-up plan:**

- Frequency and duration of therapy sessions
- Home exercise program instructions
- Next appointment date