splose

Free template

Physiotherapy follow-up

A structured starting point for a physiotherapy follow-up appointment

Client name or ID

Appointment date and time

Practitioner name and role

1 Changes since last appointment

What has changed since the previous appointment, including any new symptoms or concerns.

2 Response to previous plan

How the agreed plan went, including adherence and relevant client reports.

3 Objective reassessment

Repeat relevant measures and note changes from previous findings.

splose

Free template

Physiotherapy follow-up, continued

4 Interventions and response

What you delivered in this appointment and how the client responded.

5 Progress towards goals

Your assessment of progress and any change in reasoning.

6 Next steps and follow-up

Agreed actions, home programme, and review arrangements.

Practitioner name (typed acknowledgement)

Acknowledgement date

Fill in the fields, then save a copy. A typed name is an acknowledgement designed to identify the practitioner involved. It cannot be used as a digital signature. This template is an aid to help with documentation. It is not an exhaustive assessment protocol or checklist. It should be adapted to meet the specific needs of your clinic's record-keeping requirements.

splose

Fictional example

Physiotherapy follow-up

Example for the same fictional client, two weeks after the initial assessment

Client name or ID

Ellie Carter (fictional)

Appointment date and time

20 Oct 2026, 9:00 am

Practitioner name and role

Alex Morgan, Physiotherapist (fictional)

1 Changes since last appointment

What has changed since the previous appointment, including any new symptoms or concerns.

Client reports stair pain has reduced from 5/10 to 2/10. Stiffness after sitting now eases within a few minutes. No new symptoms, swelling, or other concerns reported.

2 Response to previous plan

How the agreed plan went, including adherence and relevant client reports.

Completed the home exercise programme on about 5 days each week. Completed four 2 km walk-run sessions, with a mild ache (2/10) after two of them that settled within an hour. Client finds the step-down exercise hard to fit into the morning routine.

3 Objective reassessment

Repeat relevant measures and note changes from previous findings.

Single-leg squat to about 60 degrees: mild discomfort (2/10), previously 4/10.

Step-down from a 20 cm step: 10 repetitions pain free, previously pain on the 6th.

Strength: 15 side-lying hip abduction repetitions on the right before fatigue, previously 10. Still weaker than left on manual testing.

No swelling.

splose

Fictional example

Physiotherapy follow-up, continued

4 Interventions and response

What you delivered in this appointment and how the client responded.

Reviewed and progressed the home programme: added a single-leg sit-to-stand and increased the step height to 25 cm. Practised the new exercises with feedback on knee alignment. Discussed progressing the walk-run sessions.

Response: completed the new exercises with mild discomfort (1/10). Client said doing the programme in the evening would be easier to keep up.

5 Progress towards goals

Your assessment of progress and any change in reasoning.

Progressing towards both goals. Stair pain has reduced and step-down tolerance has improved. Walk-run sessions are tolerated with mild symptoms that settle quickly, so a gradual increase appears reasonable. Hip strength remains a focus. Working hypothesis unchanged.

6 Next steps and follow-up

Agreed actions, home programme, and review arrangements.

Continue the progressed home programme once a day, in the evening. Increase walk-run sessions to 3 km, twice a week, if symptoms settle within an hour of running. Client to contact the clinic if swelling or pain at rest develops. Review in 3 weeks to reassess squat, step-down, and running tolerance.

Practitioner name (typed acknowledgement)

Alex Morgan (fictional)

Acknowledgement date

20 Oct 2026

All names and details listed above are fictional. This example is illustrative only and should not be considered clinical guidance. When completing your documentation, be sure to record the specific findings, decisions, and plans that are relevant to each client.