splose

Free template

SOAP note template

A structured starting point for Allied Health progress notes

Client name or ID

Date and time

Practitioner

Appointment type

S Subjective

What did the client report? Symptoms, concerns, goals, and changes.

O Objective

What did you observe or measure? Relevant findings and interventions.

A Assessment

What do the findings mean? Clinical reasoning and progress towards goals.

P Plan

What happens next? Agreed actions, follow-up, and referrals if relevant.

Practitioner name (typed 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

SOAP note example

Fictional physiotherapy follow-up for illustration only

Client name or ID

Alex Taylor (fictional)

Date and time

15 Oct 2026

Practitioner

Jordan Lee, Physiotherapist (fictional)

Appointment type

Follow-up

S Subjective

What did the client report? Symptoms, concerns, goals, and changes.

Client reports lower back discomfort has reduced from 6/10 to 3/10 since the previous visit. Sitting for 45 minutes remains uncomfortable. Client completed the agreed exercises on four days this week and wants to return to a 30-minute walk.

O Objective

What did you observe or measure? Relevant findings and interventions.

Observed sit-to-stand movement without assistance. Lumbar flexion improved compared with the previous session. Client completed two sets of eight supported squats during the appointment, reporting mild discomfort that settled with rest.

A Assessment

What do the findings mean? Clinical reasoning and progress towards goals.

Symptoms and movement appear to be improving, although prolonged sitting remains a limitation. Exercise participation is progressing. Continue to monitor the response to activity and adjust the plan based on the client's presentation.

P Plan

What happens next? Agreed actions, follow-up, and referrals if relevant.

Discussed pacing and agreed to continue the current exercises as tolerated. Client will gradually increase walking towards the agreed 30-minute goal. Review symptoms, sitting tolerance, and exercise response at the next appointment in one week.

Practitioner name (typed acknowledgement)

Jordan Lee (fictional)

Date

15 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.