

## DOCTOR DAILY NOTES

PATIENT NAME: \_\_\_\_\_

FILE: \_\_\_\_\_

Manipulative Technique, unless otherwise designated is (CONSTEAD).  
 Diagnostic indication for manipulation, unless otherwise designated is FIXATION and RESTRICTED MOTION, found via MOTION PALPATION.  
 Manual myofascial therapy (MMT), unless otherwise designated, is ISCHEMIC COMPRESSION done with PASSIVE STRETCHING.  
 Diagnostic indication for MMT, unless otherwise designated, is FINGER SIGN and PALPABLE NODULE, found via OBSERVATION and DIGITAL PALPATION.  
 MMT=Reference # to Exam and Treatment Sheet NMR=Neuro Muscular Re-Education MT=Manual Traction JM=Joint Mobilization ROF=Report of Findings, circled = completed.

Dr.'s Initials	Date	Cervical	Thoracic	Lumbar	Heel	Extremity	MMT#	NMR	JM	MT	Notes (on/off work) (modalities, exercise, stretch, reps, v/day)	ROF/	PT's Initials
												ROF/ 1	
												ROF/ 2	
												3	
												4	
												5	
												6	
												7	
												8	
												9	
												Re Exam 0	
												1	
												2	
												3	
												4	
												5	
												6	
												7	
												8	
												9	
												Re Exam 0	

# Examination and Treatment of Muscle, Ligament, Tendon and Periosteum and Myofascial Trigger Point

Patient Name: \_\_\_\_\_ Date of Exam: \_\_\_\_\_

Daily Treatment Comments 1-5

Initial - Re-exam 1 / 2 / 3 - Final

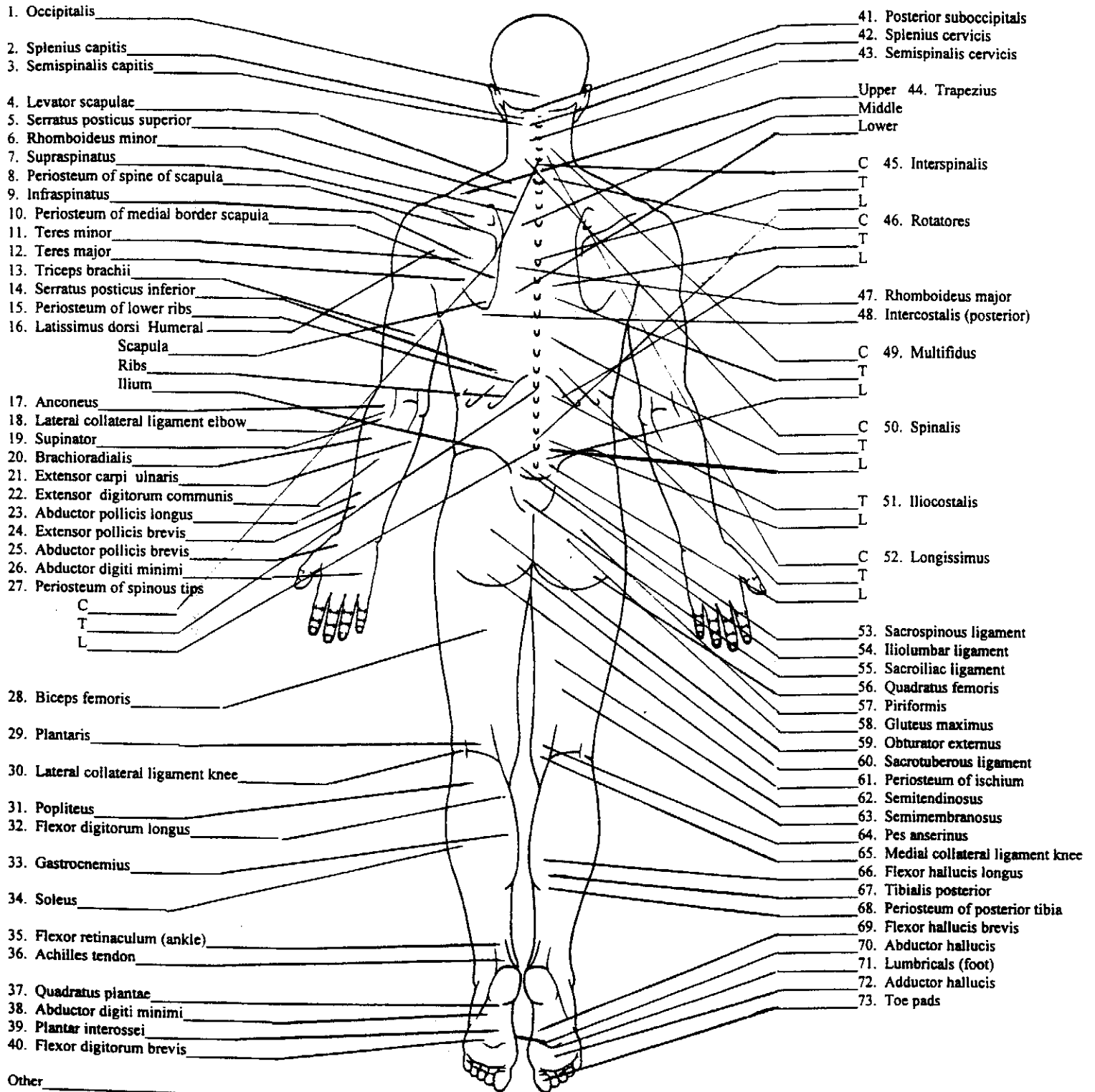
Exam Comments 1,6

(Circled area indicates side and level of pain during palpatory exam.)

- |  |   |   |  |   |
|--|---|---|--|---|
| <p><b>1</b><br/><b>Side location:</b><br/>RT=right<br/>LF=left<br/>B=bilateral</p> | <p><b>2</b><br/><b>Area Treated:</b><br/>M=muscle<br/>TN=tendon<br/>LI=ligament<br/>PR=periosteum</p> | <p><b>3</b><br/><b>Treating posture:</b><br/>ST=standing<br/>SI=sitting<br/>S=supine<br/>P=prone<br/>BO=bent over</p> | <p><b>4</b><br/><b>Treating state:</b><br/>CD=contracted<br/>N=neutral<br/>S=stretched</p> | <p><b>5</b><br/>_____ = Date area treated</p> |
|--|---|---|--|---|

- 6**  
**Pain intensity:**  
0=no pain (Re and Final only)  
1=mild pain  
2=moderate pain  
3=severe pain  
4=very severe pain

C=cervical  
L=lumbar  
T=thoracic



**Daily Treatment Comments 1-5**

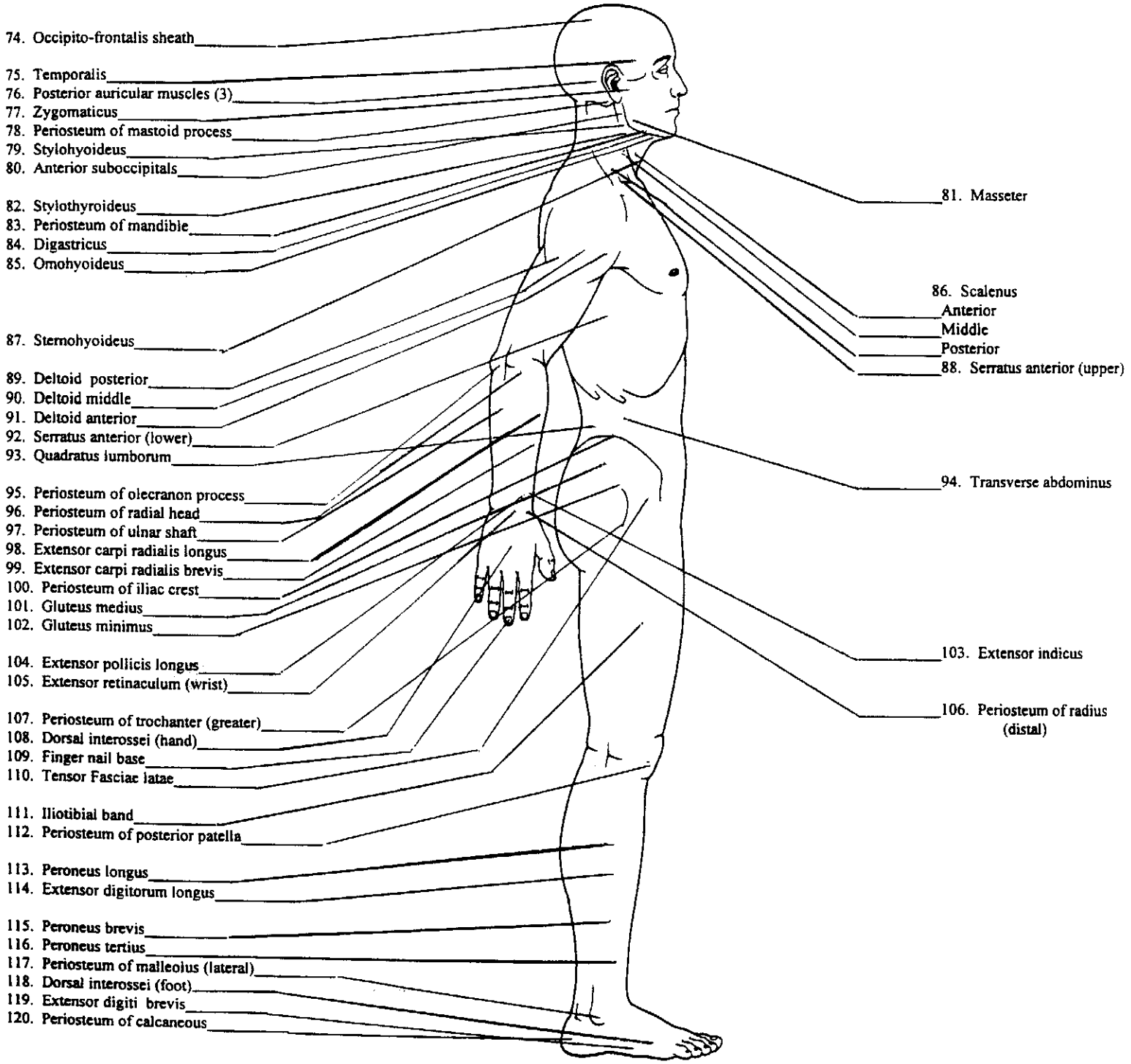
Initial - Re 1 / 2 / 3 - Final

**Exam Comments 1,6**

(Circled area indicates side and level of pain during palpatory exam.)

- |  |   |   |  |  |
|--|---|---|--|--|
| <p><b>1</b><br/><b>Side location:</b><br/>RT=right<br/>LF=left<br/>B=bilateral</p> | <p><b>2</b><br/><b>Area treated:</b><br/>M=muscle<br/>TN=tendon<br/>LI=ligament<br/>PR=periosteum</p> | <p><b>3</b><br/><b>Treating posture:</b><br/>ST=standing<br/>SI=sitting<br/>S=supine<br/>P=prone<br/>BO=bent over</p> | <p><b>4</b><br/><b>Treating state:</b><br/>CD=contracted<br/>N=neutral<br/>S=stretched</p> | <p><b>5</b><br/>____ = date area treated</p> |
|--|---|---|--|--|

- 6**  
**Pain intensity:**  
0=no pain (Re and Final only)  
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Other \_\_\_\_\_

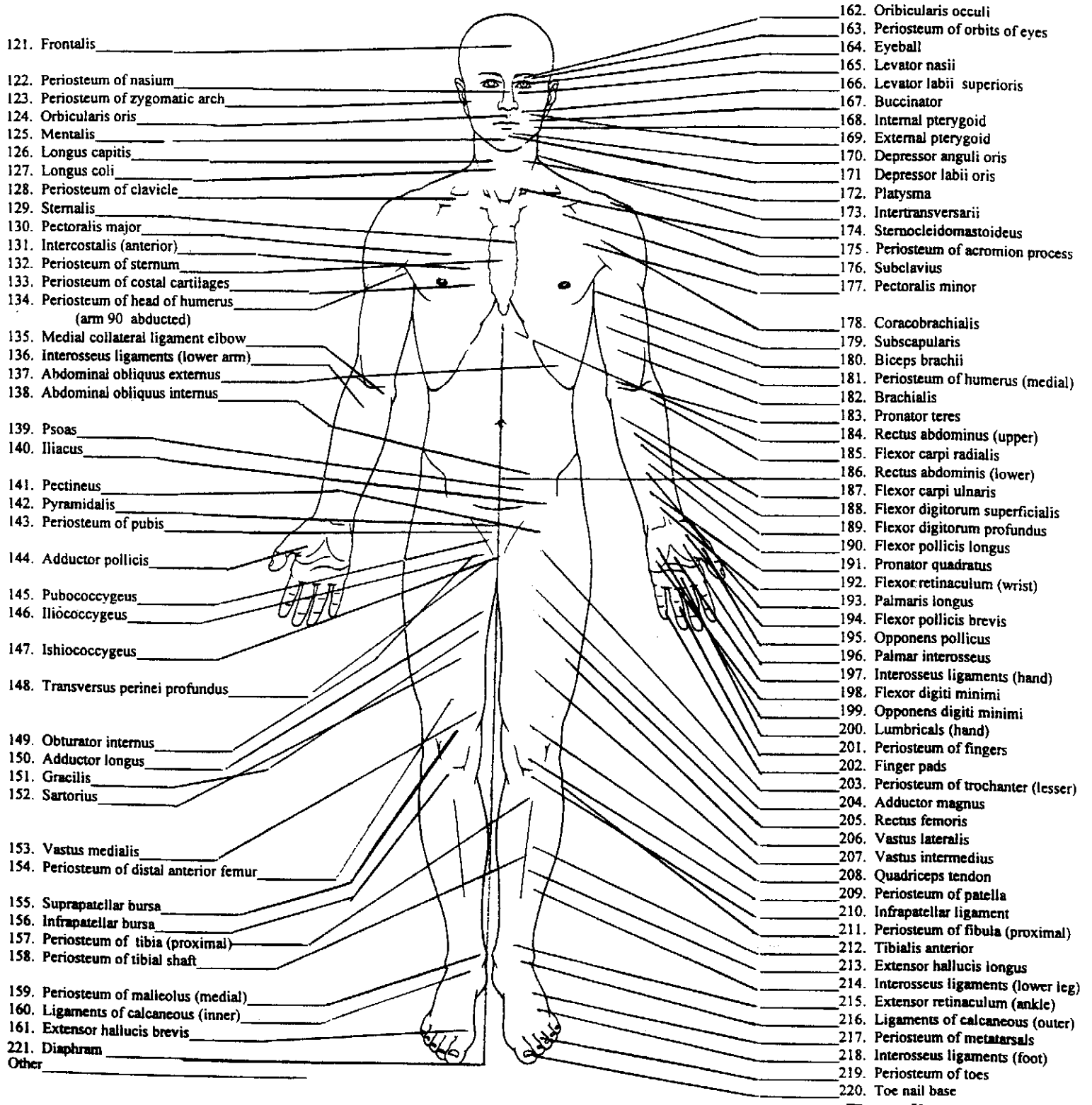
Daily Treatment Comments 1-5

Initial - Re 1 / 2 / 3 - Final

Exam Comments 1, 6

(Circled area indicates side and level of pain during palpatory exam.)

1	2	3	4	5	6	
<b>Side location:</b>	<b>Area Treated:</b>	<b>Treating posture:</b>	<b>Treating state:</b>		<b>Pain intensity:</b>	
RT=right	M=muscle	ST=standing	CD=contracted	_____ = Date of area treated	0=no pain (Re and Final only)	C=cervical
LF=left	TN=tendon	SI=sitting	N=neutral		1=mild pain	T=thoracic
B=bilateral	L=ligament	S=supine	S=stretched		2=moderate pain	L=lumbar
	PR=periosteum	P=prone			3=severe pain	
		BO=bent over			4=very severe pain	



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