

# SOAP Note

Element	Factors Included
S = Subjective	<b>Anything the athlete tells you</b> How does patient feel? Where does it hurt? When did the injury happen? Where did it happen? Has it ever happened before? If so, when? When is pain worse? Better? Does it radiate to another region? Does anything make it better?
O = Objective	<b>Anything you physically measure that generates a number or grade</b> Rate pain on a scale of 1 – 10? * (Can be S, too ) Degree of laxity (grade 1, 2, 3) ROM (in degrees) Manual muscle testing (grade 1 – 5) Vital signs (BP, pulse, respirations, temperature) Height, weight Test results (X-ray, MRI, CT Scan, bloodwork)
A = Assessment	<b>Diagnosis – What is it that is wrong with patient</b> Prioritize the major issues Differential diagnosis if uncertain
P = Plan	<b>What you intend to do to the patient or for the patient</b> Other tests that need ordered Treatments and rehabilitation Home instructions Referral to other doctors or services (such as meals, transportation) Medications