Physiotherapy management plan

Fillable template | A4

Patient name / identifier:

Plan date: Clinician:

Referrer / funder:

1 | Assessment summary

Working diagnosis or clinical impression, with region and side; key findings and baseline measures. Contributing factors; red and yellow flags screened, and what was found.

2 | Goals

The patient's goals in their words. Measurable goals with the outcome measure, baseline, target and date, e.g. PSFS 'walk 5 km' 3/10 to 8/10 by 12 weeks.

3 | Treatment plan

Interventions planned and the reason for each; education and self-management. Home exercises with sets, repetitions, load and frequency.

4 | Frequency, duration and review

Sessions proposed and over how many weeks. Reassessment date and the measures to repeat.
Criteria to progress, discharge or refer if the patient is not progressing.

5 | Consent and communication

Plan, risks, alternatives and fees discussed; the patient's agreement or changes.
Copies sent to the patient, GP, insurer or other providers, and when.

6 | Review log

Date, measures repeated, progress against each goal and changes made to the plan.

Reviewed by clinician / date: