

Client Care Plan Template

This template provides an illustration of what an 8 Visit Care Plan would look like for an Extended Health Care Client.

Client Name: John D

Diagnosis: Right shoulder Impingement

Practitioner: Gary

Client's Functional Goals: 1. Walk/play 9 holes of golf 2. Improve sleep from 4 hours to 6+ hours per night 3. Lose 10lbs
 Recovery timeframe – approximately 8 visits over 6 weeks

PAIN CONTROL. 3-4 visits/Weeks 1 to 2	RECOVERY of MVMT. 2-3 visits/weeks 2 to 3	RECOVERY of FUNC. 2-3 visits/weeks 3 to 6
<p>Frequency – 2x/week for 2 weeks</p> <p>Goals of Phase</p> <ul style="list-style-type: none"> • Reduce pain intensity from 7 to a 3, and reduce frequency of pain • Improve health literacy <ul style="list-style-type: none"> ○ Injury ○ Sleep ○ Weight Loss <p>Treatment – Education on injury and sleep, manual therapy, acupuncture/IMS, exercises</p> <p>Home Program Pain Control - ice, rest from aggravating activities, sleeping positions, postural awareness, anti-inflammatories as needed</p> <p>Ex's - light postural strength, walking, and pain free range of motion exercises</p>	<p>Frequency – 1-2x/week for 2 weeks</p> <p>Goals of Phase</p> <ul style="list-style-type: none"> • Restore full shoulder and thoracic range of motion • Pain reduced from a 3 to 0-2 • Sleeping 5-6 hours per night • Walk daily 45 min and increase <p>Treatment: Education, manual therapy acupuncture/IMS, exercises, upper body stretching to improve flexibility with focus on upper extremity</p> <p>Home Program Ex's – Thoracic mobility exercises, shoulder range of motion, progressions of postural strength, walking</p> <p>Continue with Pain Control as needed – ice or heat, rest from aggravating activities, sleeping positions, postural awareness</p>	<p>Frequency – 1x/week for 2-3 weeks</p> <p>Goals of Phase</p> <ul style="list-style-type: none"> • Restore full function of shoulder • Return to Golf • Pain very intermittent (2/10) • Sleeping 6+ hours per night • Walking up to an hour daily <p>Treatment – Progression of functional exercises aligned to work, ADLs and activities. Manual Therapy to address residual tightness and/or discomfort.</p> <p>Home Program Ex's - Advanced functional exercises aligned to work, ADL's and activities. Continue with mobility exercises, walking, driving range as prescribed. Continue with Pain Control as needed</p> <p>Commence maintenance care:</p> <ul style="list-style-type: none"> • <i>Bi-weekly for weight and sleep and durability of function.</i>