

Visit Initial visit Follow-up/subsequent visit

Discipline Physiotherapy Osteopathy Chiropractic Exercise physiology Podiatry Acupuncture Dietetics Hand therapy

Client details

Client name Jane Smith	Claim number 12/34567	Date of accident 26 / 8 / 2019	Date of birth 9 / 6 / 1989	Occupation Office worker
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Current work status Normal duties Modified duties Not working Not applicable

Injury details Diagnosis and specific areas being treated

Right anterior knee pain (patella bursitis); right shoulder bursitis

Outcomes Standardised outcome measures

Outcome measure	Initial score		Subsequent score		Next subsequent score		Latest score	
	Date	Score	Date	Score	Date	Score	Date	Score
LEFS	7 / 9 / 2019	42/80	15 / 12 / 2019	60/80	/ /		2 / 2 / 2020	68/80
UEFS	7 / 9 / 2019	28/80	15 / 12 / 2019	46/80	/ /		2 / 2 / 2020	57/80

Screening of psychosocial risk factors (barriers) to recovery

Psychosocial screening tool	Date	Score	Actions taken
Orebro short form	15 / 12 / 2019	38	Low risk – have provided with pain education and reassurance

(e.g. Örebro short form – see notes page)

Issues/risks identified that may impact recovery and return to work, if any List barriers you've recognised and steps you've taken or will be taking to address

Making steady progress. Currently on modified duties at work due to lifting – currently unable to lift >5kg for moving boxes and other items and difficultly reaching up above shoulder height. Is gradually improving and client has realistic expectations of recovery. Working on pacing activity due to inflammation.

Goals of your treatment List current activity/functional limitations and related goals that your treatment will address

Current activity / functional limitations	Short-term activity goals (Include ADL and work/travel goals)	Estimated date of achievement
1. Unable to lift >5kg	Lift >5kg so can move boxes of material at work and return to normal duties	26 / 4 / 2020
2. Unable to walk >40 minutes due to knee pain	Walk 60 minutes (achieve pre-MVA level of physical exercise)	26 / 4 / 2020
3. Unable to reach above shoulder height	Reach up to higher shelves at work and at home	12 / 4 / 2020
4. Sleeping < 6 hours	Sleep uninterrupted > 7 hours	26 / 4 / 2020

Treatment strategies

Education – pacing, graded activity. Assistance with goal setting and returning to normal duties at work. Review and progression of home exercise program.

Self-management strategies Include an itemised list of all therapy support items you have provided to the client to assist with their rehabilitation needs.

Home exercise program – strengthening and stretches; walking program; Pacing; Heat packs

Proposed treatment plan

Total no. of services over weeks from to Anticipated discharge date

Treating practitioner details

Provider name, employer, address and phone (Use practice stamp where possible)

[Empty box for provider details]

Treating practitioner's signature (Insert jpg/png of signature or print and sign by hand)

[Empty box for signature]

Availability for discussion

Date

Acknowledgement

I have discussed this treatment plan with my patient and I agree to discuss this plan with members of the TAC Clinical Panel as required. I understand that I can only bill the TAC for treatment that is directly related to my patient's transport accident.

Privacy

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