



My Physical Therapy

Genuine Journals

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My Physical Therapy is a structured journal designed to track progress and provide encouragement during physical therapy. Keeping a journal improves patient participation in physical therapy assignments and provides valuable information to the Physical Therapist about how the patient is practicing between sessions.

My Physical Therapy creates a record of:

- Problem Statements
- Assessments
- Goals
- Assignments and Progress
- Achievements

Problem Statement: What is the injury or event that caused the need for physical therapy?

Assessments: Track the measurements and assessments made by the Physical Therapist during the progression of therapy.

Goals: What do you want to be able to do as a result of physical therapy? How will you know when you are finished with therapy? Track your goals in My Physical Therapy.

Assignments and Progress: Describe each activity or exercise and how often it is to be done. Quickly jot down the date every time the exercise or activity is practiced, and make brief notes as needed.

Achievements: Record all the small victories as they happen and create a record of the encouraging moments of progress throughout physical therapy. Use these milestone celebrations as a way to look back at the progress that has been made during physical therapy.

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