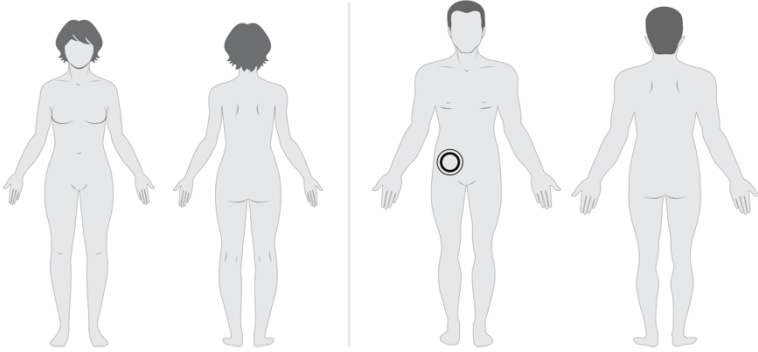


## Example of a SOAP note

Date	<u>April 1, 2023</u>	Time	<u>4 pm</u>
		Main areas of concern	
		<u>Abdominal pain on the right</u>	
		<u>side of the pelvis in the morning</u>	
<b>Subjective</b> <i>IC was seen for a 60-minute yoga therapy session (third of six) online. The client has been experiencing a recurrence of abdominal pain every morning despite performing his morning yoga routine daily. He described it as a "strong pulling sensation on the right side," where he had had an appendectomy three years ago. The client suggested that it could be linked either to intestinal adhesion after surgery or tightness in his hip flexors. Further discussion revealed that the client recently switched jobs and was experiencing mild stress about that.</i>			
<b>Objective</b>			
Goal	<i>Relieve tension in the hip flexors and provide mild visceral massage</i>		
Asana	<i>Use supine and kneeling asymmetrical asanas that flex and extend the hip to increase circulation to the hip flexors and note the differences between the sides; use simple forward bends to compress and relax the abdomen</i>		
Breath	<i>Use intentional abdominal expansion on inhalation (belly breathing) to release tension in the abdomen and to feel more grounded</i>		
Attention	<i>Direct the client's attention to functional differences between the right and left hip and encourage abdominal awareness throughout the practice</i>		
Other			

## Example of a SOAP note (cont.)

### Assessment

*The client reported pronounced differences in strength between R and L hip flexors and difficulty with abdominal expansion. He reported a reduction in discomfort in his abdomen following today's session and was eager to try the same practice on his own at home. The client expressed interest in our discussion about the role of hip flexor contraction in the survival response and promised to evaluate his strategies for coping with stress.*

### Homework assignment

Home yoga    *Continue daily morning yoga practice using the sequence below*

*Return for the next session in two weeks*

Lifestyle    *Identify activities and experiences that promote parasympathetic activation and engage in these activities daily; monitor episodes of abdominal pain and note the activities/ thoughts/experiences that preceded it.*














### Plan for next session

*Design a 10-minute simple breath-focused langhana practice to do before bed to manage stress.*













*Include simple supine forward bends and very mild twists, use prolonged exhalation, and hold after exhaling with an image of "hugging the belly in."*

### Other

# Practice Sequence (teacher's version)

1.		<p>CHECK IN, compare sides. IC reported feeling slightly "lopsided," as if his R hip was closer to the ground and the whole R side was feeling "dense."</p>
2.		<p>PELVIC TILT. IC is comfortable with this movement, has good abdominal control, and can engage his abdomen progressively.</p>
3.		<p>WIND RELEASE POSE/APANASANA. IC experiences mild discomfort on the R side of the abdomen at the end of EX.</p>
4.		<p>KNEE PRESS. IC reported feeling weaker in his R hip, wasn't able to press the knee into his hand, and felt other muscles on the R side of the torso engaging instead.</p>
5.		<p>SUPINE LEG LIFT. The client's R leg looked shaky in the extended position; the R knee was turning in. The client reported no pain in the abdomen on this movement.</p>
6.		<p>CAT-COW STRETCH. IC is comfortable with this movement, has good abdominal control, but has difficulty expanding his abdomen on IN.</p>
7.		<p>CAT-COW STRETCH WITH LEG LIFT. IC has difficulty holding the R knee up by the chest and was able to do it only for two breaths.</p>
8.		<p>COBRA POSE/BHUJANGASANA. IC is comfortable with this movement and keeps his pelvis leveled. Found expanding the abdomen in <a href="#">Bhujangasana</a> useful.</p>
9.		<p>KNEELING POSTURE/VAJRASANA. IC reported experiencing a slight tug in the abdomen (R side) while twisting to the L. Torso rotation to the L is restricted.</p>
10.		<p>"WINDSHIELD WIPERS." IC reported a slight pull on the R side of the abdomen with the R knee folded in. After staying in this position for three breaths, the pull subsided.</p>
11.		<p>KNEE CIRCLES. IC is comfortable with this movement; both sides appear symmetrical.</p>
12.		<p>REST WITH FEET UP ON A CHAIR. IC reported no longer feeling "lopsided" and was able to expand his abdomen with ease.</p>
13.		<p>BELLY BREATHING.          IN: 8 sec., emphasis on expanding the belly.          EX: 8 sec., emphasis on relaxing the belly/12 br.          IC reported feeling calm and grounded.</p>

## Practice Sequence (client's version)

1.		<i>CHECK IN.</i> Begin on your back, legs extended down. Get settled and deepen your breath. Notice the sensations in your belly. Six breaths.
2.		<i>PELVIC TILT.</i> To contract the abdomen gently and warm up the hips. Repeat 4x.
3.		<i>WIND RELEASE POSE/APANASANA.</i> To compress the abdomen and loosen up the lower back and hips. Repeat 4x.
4.		<i>KNEE PRESS.</i> To engage the hip flexors and compare the sides of the body. Repeat 3x, then hold for three breaths. Do #5 on the same side, then switch sides.
5.		<i>SUPINE LEG LIFT.</i> To strengthen the hip flexors. Repeat 3x, holding for three breaths, then switch sides and do #5 and #6 on the other side.
6.		<i>CAT-COW STRETCH.</i> To compress and expand the abdomen, to stretch the neck and upper back. Repeat 4x.
7.		<i>CAT-COW STRETCH WITH LEG LIFT.</i> To compress and expand the abdomen, to loosen up the hip flexors and glutes. Repeat 3x, then hold the knee in for three breaths. Switch sides.
8.		<i>COBRA POSE/BHUJANGASANA.</i> To strengthen the lower back and hips, expand the belly, and warm up the neck. Repeat 4x, then hold for four breaths, pressing the belly down on IN.
9.		<i>KNEELING POSTURE/VAJRASANA.</i> To engage and stretch the hip flexors and compress the abdomen. Repeat 6x, alternating sides.
10.		<i>"WINDSHIELD WIPERS."</i> To compress the abdomen and stretch the hip flexors. Repeat 3x on each side, then stay in the pose for three breaths.
11.		<i>KNEE CIRCLES.</i> To loosen up the lower back and hips, to compress the abdomen. Repeat 4x.
12.		<i>REST.</i> To relax the abdomen and hip flexors. Notice how your belly feels. Imagine yourself hanging down from the chair. Continue to relax the body with every exhalation (12 breaths).