SOAP Test

1. What does SOAP stand for?
2. What are 3 guidelines to follow when writing SOAP notes?
3. What are 3 purposes of SOAP notes?
4. What are 3 categories of information under S?
5. What are 5 things that could be found under the Observation portion of O?
6. If an athlete feels a clicking/locking sensation what type of injury do you suspect?
7. A chronic injury is likely to feel what sensation?
8. What are 4 categories that fall under objective category?
9. Which is the term for when the muscle appears smaller than the other?
   1. Atrophy b. hypertrophy
10. Which is not something you can palpate for?
    1. ROM b. swelling c. deformity d. point tenderness
11. When doing special tests, which injury do you want to test for first?
12. What are 2 methods for fracture testing?
13. When fracture testing what would a positive sign be?
    1. Pain all along the bone
    2. Localized, shooting pain
    3. Clicking
    4. numbness
14. What is the MMT scale?
    1. 1-5 b. 1-4 c. 0-4 d. 0-5
15. Choose 3 of the numbers on the MMT and describe what they would be rated as
16. What are 4 things that need to be a part of the P?
17. Write an example of both a short term and long term goal for an ankle injury.
18. What is wrong with this A in a SOAP note?
    1. R Anterior TaloFibular sprain
19. What must accompany the short and long term goals?

For the following identify what part of SOAP that information falls into.

1. Previously sprained Ulnar collateral ligament
2. Possible myositis ossificans in quad
3. Squeeze test (-)
4. Felt a “pop”
5. Will be in a sling for a week
6. Prescribed naprosen for pain
7. Crepitus over medial epicondyle
8. MMT grade 2
9. UCL sprain
10. Complains of being unable to walk up stairs
11. 165 degrees Shoulder Flexion
12. Takes motrin daily
13. Pain with the first step in the morning
14. (+) Thessaly test
    1. For this scenario identify the proper information for S, O, A, P

A hockey player was taking a shot on goal when his stick hit the jaw of the player who was guarding him. That player comes off the ice bleeding from the mouth, complaining of pain in his lower jaw and an inability to close his jaw (malocclusion). Along with that, he presents with headache, dizziness, blurred vision. Upon palpation by the examiner, deformity and swelling of the jaw are noted. Discoloration around the jaw and facial distortion are observed. Athlete doesn’t have memory of the incident. The examiner suspects this athlete may have a fracture of the mandible. Probable concussion. The bleeding is controlled. The jaw is immobilized. The athlete is immediately referred to an emergency room.

34-35 Choose an injury you are familiar with and write a sample SOAP note for it. (be specific)