

SPORTS THERAPY ACTION PLAN

Client name:

Date:

DoB:

Age:

OBJECTIVES: Increase postural awareness ___ Amend body contours ___ Improve body position ___ Improve muscle tone ___
Decrease skeletal stress ___ Increase range of movement ___ Injury prevention ___ Restore function ___ Strengthen muscles ___
Improve endurance ___ Improve flexibility ___ Improve speed ___ Improve power ___ Improve balance ___ Improve
coordination ___ Improve proprioception ___ Improve agility ___ Improve full functional ability ___ Improve general fitness ___
Improve sports performance ___ Increase energy levels ___ Improve well-being ___ Reduce stress ___ Other:

Comments:

METHODS TO ACHIEVE OBJECTIVES: Modification of current physical activities ___ Training alterations ___
Protective equipment ___ Exercise equipment ___ Sports equipment ___ Taping/Strapping ___ Supports/Bracing ___ Orthotics ___
Cryotherapy ___ Heat/Electrical treatments ___ Remedial massage ___ Remedial exercise ___ Nutritional strategies ___
Self-massage ___ Relaxation techniques ___ Other:

Comments:

EXERCISE TYPE: Early phase ___ Intermediate phase ___ Late phase ___ Functional phase ___ Sport specific ___ Aerobic ___
Isometric ___ Isotonic ___ Isokinetic ___ Concentric ___ Eccentric ___ Core stability ___ Open chain ___ Closed chain ___
Flexibility ___ Static stretching ___ MET stretching ___ Gym based ___ Class based ___ Hydrotherapy based ___ Home based ___
Outdoor ___ Other:

Comments:

EQUIPMENT: Free weights ___ Machine weights ___ Resistance band ___ Wrist/Ankle weights ___ Medicine ball ___
Fitness ball ___ Step ___ Rebounder ___ Treadmill ___ Stationary bike ___ Rower ___ Cross trainer ___ Elliptical trainer ___
Stepper ___ Upper body ergometer ___ Wobble board ___ Other:

Comments:

DETAILED ACTION PLAN: This should include specifically documented exercises and other recommendations, relating to the client's *current* condition, and to the information stated above.

Continue on another sheet if necessary

Client signature:

Date:

Therapist signature:

Date: