

Physical Therapy Log

Name: _____

Therapist / clinic: _____

Area we are working on: _____

Started: _____

Copy the plan from the sheet your therapist gave you

Date	Exercise	Sets	Reps	Hold / band	Pain /10 before	Pain /10 after	Notes / what I changed

The pain columns are your own 0-10 judgement, not a medical score. The exercises, the numbers and when to progress come from your therapist; this sheet only records what you did.