

Treatment & Therapy Organizer

Keep the rehabilitation plan you were given clear, current, and usable.

Rehabilitation may involve physical therapy, occupational therapy, speech-language therapy, home health, or other clinician-directed treatment. This pack helps you keep the people, schedule, goals, assigned activities, instructions, and progress in one place.

USE THE PLAN YOU WERE GIVEN

Record exercises and activities only as instructed by your healthcare or rehabilitation professionals. Do not add, increase, stop, or change an exercise simply because it appears on a worksheet or because another person's program looks different.

MAKE HOME INSTRUCTIONS SPECIFIC

For each assigned activity, write down how often to do it, how much to do, equipment or assistance needed, and any limit or precaution your clinician wants you to follow. If you are not sure, ask before changing the plan.

BRING THE INFORMATION BACK

Use the session and progress pages to remember what became easier, what remained difficult, what symptoms or problems occurred, and what you want to ask at the next visit.

THIS PACK INCLUDES

- ☐ My rehabilitation team
- ☐ My therapy schedule
- ☐ My rehabilitation goals
- ☐ Exercises and activities I was given
- ☐ What I practiced between visits
- ☐ Therapy session notes
- ☐ Progress and challenges
- ☐ Questions for my rehabilitation team

Plan last reviewed / updated:

My Rehabilitation Team

Name / Professional	Therapy or Role	Contact / Location	What They Are Helping Me Work On

Primary rehabilitation contact if I have a question:

Other person who should understand my current rehabilitation plan:

My Therapy Schedule

Include clinic, home, virtual, outpatient, or other clinician-directed sessions that apply to you.

Therapy / Service	Day & Time	Location / How I Attend	Therapist / Contact	Important Detail

Transportation, equipment, paperwork, or preparation I need before a session:

My Rehabilitation Goals

Record goals you and your rehabilitation team are working toward. Goals may change as your abilities and needs change.

Goal I Am Working Toward	How I Will Recognize Progress	Who Is Helping Me With This?	Review / Update

The goal that matters most to me right now - and why:

Exercises & Activities I Was Given

Use this as a record of your clinician-directed plan, not as a list of exercises to choose from.

Exercise / Activity	Assigned By	How Often / How Much	Equipment / Help	Limit / Precaution

What I was told to do if I cannot complete an assigned activity as planned:

What I Practiced Between Visits

Use this page only when tracking practice is useful to you or your rehabilitation team.

Date	What I Practiced	Amount / Time	How It Went	Anything to Report Back

Pattern I noticed or something I want to discuss at my next visit:

Therapy Session Notes

Date / type of therapy / therapist:

What we worked on today:

New or changed instructions:

What I should practice before the next visit:

Limits, precautions, equipment, or assistance I need to remember:

Next appointment / follow-up:

Progress & Challenges

Progress may show up as better function, greater confidence, improved technique, less assistance, more endurance, clearer communication, or another change that matters in your own rehabilitation.

Something that is becoming easier:

A skill or activity that still feels difficult:

Where I need more instruction, practice, equipment, or assistance:

A change I have noticed since the last review:

What I want my rehabilitation team to know about daily life between visits:

Questions for My Rehabilitation Team

Write questions when they occur so they are easier to remember at the next session.

My Question	Answer / Instruction I Received	Who Answered	Date

BEFORE I CHANGE THE PLAN

- ☐ Do I understand exactly what I was assigned?
- ☐ Do I know how often / how much to do?
- ☐ Do I know the limits or precautions?
- ☐ Do I know what to report back?
- ☐ If I want to increase, stop, or change something, have I confirmed that with the appropriate professional?