



PAA Case Notes Template:

This template follows AHPRA guidelines. To ensure that our case notes are legal, we should include particular pieces of information regarding the session spent with the client on each occasion. The notes should be legible, written in blue or black ink, or electronically. Case notes are required to be saved for 7 years.

If working with a client in a small group setting, that client requires an individual follow-up every 4-6 weeks, to reassess asterisks points and review their program. If the client attends mat class, they should be reassessed individually every 8-12 weeks.

Some schools of Pilates have their own assessment templates and screening assessments which may be used for initial consults, key reviews and day-to-day sessions.

Date:

Client's name:

Client's Date of Birth:

Subjective Assessment:

Objective Assessment:

Assessment:

Program: This will vary between schools of Pilates, but generally is the time spent in the studio, the specific principles worked on, movement categories and anything contraindicated; as well as the client's response at the end of the session.

Plan:

Review Time Frame:

Practitioner's Name:

Practitioner's Signature:
