

Patient contract – Rehabilitation plan

Summary of assessment findings:

Goals for treatment/intervention:

Primary goal:

Sub-goals:

What can i do by myself (self-management)?

Time plan and scope:

What can the health care service help me with?

Time plan and scope:

Follow-up:

- Come back for a follow-up visit _____.
- Come back for a follow-up visit if your back pain has not improved after _____ weeks.
- As long as your back pain improves you dont need to come back for a follow-up visit.