

Manual Therapy Diary

**Goal Setting and Personal Home Programme Plan**

**Goal Setting**

Please write down a goal, related to your vertebral osteoporosis, that you wish to achieve

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**Plan** (How will you achieve your goal)

- 1) Follow the home programme given
- 2) Keep a record of the stretches undertaken and any issues in the personal exercise diary

**When**

When do you think you can set time to do the stretches? .....

**Where**

Where do you plan to do the stretches? .....

Please sign below to indicate that you agree to the above plan.

Participant ..... Physiotherapist .....

**Review planned (every 4 weeks)** (date): .....