

Yohome Massage & Myotherapy

ABN: 51653486152 • 285 Victoria St, Abbotsford VIC 3067

Evidence-Based Practice Statement

1. Purpose

This statement outlines our commitment to evidence-based practice (EBP) across assessment, treatment planning and review.

Care decisions integrate the best available research evidence, practitioner expertise, and the client's goals, values and preferences.

2. Clinical Decision-Making

We use validated outcome measures when appropriate (e.g., pain scales, range of motion, functional tests). Interventions selected from established modalities (myotherapy, remedial massage, exercise, education, cupping, and dry needling when indicated) are matched to assessment findings.

3. Treatment Pathway

Assessment -> working diagnosis (non-diagnostic) -> treatment plan with expected response -> home advice/exercises -> scheduled review.

If red flags are identified or progress plateaus, we adjust the plan or refer to GPs/physios/specialists.

4. Documentation & Review

SOAP notes are completed for every session. Outcome measures are re-checked at appropriate intervals.

Plans are updated based on response to care and client feedback.

5. Professional Standards

Therapists maintain current first aid/CPR and insurances, and complete regular CPD relevant to scope of practice.

We reference reputable guidelines and peer-reviewed literature where applicable.

6. Scope & Safety

We practice within scope and obtain informed consent. Dry needling only by trained staff following sharps and infection-control procedures.

Adverse events are documented and reviewed through our clinical governance framework.

7. Review

This statement is reviewed annually or when new evidence materially changes recommended practice.

Approved by Clinic Manager

Signature: _____

Date: _____