



# Chiropractic Associates

## Goal Setting

**SMART (Specific, Measurable, Achievable, Relevant, Timed) Goals.**

**Specific-goal is specific to the patient's complaints**

**Measurable-the goal can be measured over time**

**Achievable-the goal is realistic and can be achieved by the patient**

**Relevant-the goal is relevant to the patient not the doctor**

**Timed-there is a time line for the patient**

(Base goals off of the outcome assessment forms, VAS, objective findings, patient functional complaints)

### **Example:**

**Reduce VAS from 8 to 4 in 2 weeks**

**Increase distance of walking from 1 block to 6 blocks 4 weeks**

**Improve night sleep from 50% reduced to normal nights sleep in 4 weeks**

**Full ROM right knee two weeks**

**Weight bearing on left ankle in one week**