



Patient details and session setup

Soma uses this intake to prepare the movement screen and assign the right clinician before the session.

Form fields

PATIENT ID

PAT-100644

DATE OF BIRTH

28 Jul 1994

ADDRESS

Boxhagener Str. 9, 10245 Berlin

PHONE

+49 176 8842 9901

EMAIL

sofia.rossi@example.test

INSURANCE

Barmer

SESSION

Movement Analysis

LOCATION

Munich-Schwabing

Session preferences

- ☒ I can be filmed for gait and movement analysis.
- ☒ I prefer home exercises with minimal equipment.
- ☒ I want online follow-up options.
- ☐ I need the assessment in Italian.

Reason for booking

Recurring right knee discomfort when increasing running distance. No acute injury, but wants guidance before training for a half marathon.



Pain, injury, and movement history

Please describe patterns rather than isolated moments. The clinician will review this before hands-on assessment.

Form fields

PRIMARY AREA

Right anterior knee

PAIN SCALE TODAY

2 / 10

WORST IN LAST 7 DAYS

6 / 10 after long run

ONSET

Gradual, first noticed 3 months ago

PREVIOUS INJURY

Mild ankle sprain, 2023

CURRENT TREATMENT

Foam rolling and reduced weekly mileage

IMAGING

None

RED FLAGS

No locking, giving way, fever, or night pain

Aggravating movements

- ☒ Downhill running
- ☒ Stairs after training
- ☐ Long sitting
- ☒ Squats below parallel
- ☐ Walking on flat ground



Training, recovery, and lifestyle

Training load and recovery context help Soma create a plan that fits real weekly life.

Form fields

RUNNING FREQUENCY

3x weekly, 18-24 km total

STRENGTH TRAINING

Bodyweight circuit once weekly

WORK PATTERN

Desk-based, hybrid

SLEEP

7-8 hours

FOOTWEAR

Neutral road shoes, 450 km usage

GOAL EVENT

Berlin Half Marathon in September

EQUIPMENT AT HOME

Yoga mat, resistance band, 8 kg kettlebell

RECOVERY BARRIERS

Travel and inconsistent warm-up

Plan preferences

- ☒ Keep running if safe with modified volume.
- ☒ Include strength exercises.
- ☒ Use video demos in the portal.
- ☒ Avoid gym-based exercises.

Functional goal

Run 10 km without knee pain above 3 / 10 and build toward half-marathon training without repeated flare-ups.



Consent, media, and signatures

Movement videos are used for clinical assessment and are stored in the patient profile unless the patient requests deletion after care.

Form fields

CONSENT VERSION

SOMA-MOVE-2026-01

SUBMITTED

05 Jun 2026

CLINICIAN

Clara Reuter

STATUS

Ready for clinician review

Patient acknowledgements

- ☒ I consent to hands-on assessment where clinically appropriate.
- ☒ I consent to movement video capture for clinical use.
- ☒ I understand the plan may change after assessment.
- ☐ I consent to use of videos in marketing material.

Signatures

PATIENT SIGNATURE

NAME

Sofia Rossi

DATE

05 Jun 2026

CLINICIAN REVIEW

NAME

Clara Reuter

DATE

Pending session