

McGill Back Exercises or Yoga

Data Collection Sheet



Directions

Look at 10 patient charts and record a "1" in column C if there is documentation of prescribing McGill back exercises or yoga. Patient education on McGill back exercises and yoga is available at www.PathwaysInManagement.org

A Chart	B Unique Identifier (optional)	C McGill Back Exercises or Yoga documented in the chart? 0=No 1=Yes	D Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
Total			

Reflect

Review your baseline findings to identify gaps in practice and opportunities for further improvement.

What findings did you expect?

What findings were a surprise?

What additional questions do you have?

What could you do next?

Do you plan to change your clinical practice? Yes No

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