



Australian Government
Department of Veterans' Affairs

DVA treatment cycle

End of Cycle Report for allied health providers

DVA client details

Name	Morgan Example	DOB	2 Feb 1962
DVA file number	NX000000	Phone	0400 000 000
Referring clinician	Dr A Example, Sampleton Medical Centre	Referral date for this cycle	1 Mar 2026
Previous treatment	Initial consultation 2 Sep 2025; one previous cycle Sep to Dec 2025		
Condition(s) being managed/reason for referral (include details of any related or new conditions being managed as part of this cycle)			

Lumbar spondylosis L3/L4; Chronic low back pain; Post-traumatic stress disorder
Related or new: Right hip osteoarthritis, identified at reassessment and managed alongside the back pain with hip strengthening.

Client goals and date assessed	Not met	Ongoing	Completely achieved
1 Sep 2026	See attached page	See attached page	Increase trunk strength and stability: hold the Modified Biering-Sorensen test for at least 80 seconds

Management summary

Supervised exercise physiology, twelve sessions over six months: weekly for the first eight, then fortnightly as planned in the Patient Care Plan. Graded trunk endurance, hip hinge and lifting practice, and progressive walking, with a daily home program. A lumbar roll was supplied for driving. No other variation to the plan.

Outcome measures (attach another page if required)

Measure	Initial assessment score Date:	Start of this cycle score Date:	End of this cycle score Date:
Modified Biering-Sorensen hold (s)	30 s (2 Sep 2025)	42 s (12 Mar 2026)	84 s (1 Sep 2026)
Six-minute walk distance (m)	380 m (2 Sep 2025)	410 m (12 Mar 2026)	505 m (1 Sep 2026)

Interpretation of outcome measures and additional comments:

See attached page

Further management required: Yes ☒ No ☐ Reasoning to support recommendation:

A further cycle is clinically necessary to reach self-management: walking tolerance is 20 minutes against a 30-minute goal and lifting confidence is still building. The next cycle would taper to fortnightly sessions and hand over to an independent community gym program, as set out in the updated Patient Care Plan.

Allied health provider details (use stamp if appropriate)

Name and provider number	Mia Torres, 1234567A
Allied health profession	Exercise physiology
Practice name and address	Ridgeline Exercise Physiology, 18 Larkspur Lane, Leederville WA 6007
Phone	08 5550 1234
Fax	
Provider signature	Date 18 Oct 2026

Attachment to DVA End of Cycle Report

Client: Morgan Example DVA file number: NX000000

Client goals: not met

Increase walking tolerance and aerobic fitness: walk for 30 minutes at a moderate pace without stopping

Client goals: ongoing

Reduce disability and improve function: sit or stand for an hour and feel more confident bending forward

Interpretation of outcome measures and additional comments

Trunk endurance has doubled and the hold-time goal is met. Walking tolerance has improved but pain still limits continuous walking to about 20 minutes, short of the 30-minute goal. Sitting tolerance has reached an hour; confidence with lifting is still building. Morgan is managing flare-ups independently with the pacing plan.

Outcome measures (continued)

Timed Up and Go (s). Initial assessment score: 10.4 s (2 Sep 2025); Start of this cycle score: 9.6 s (12 Mar 2026); End of this cycle score: 8.1 s (1 Sep 2026).