



OET WRITING SUB-TEST

PHYSIOTHERAPY

Writing Case Notes · Free Sample · Cases 1-2 of 15

2026 EDITION

FREE SAMPLE



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In this sample

CASE	WRITING TASK	LETTER TYPE
No. 1	Initial assessment: frozen shoulder	Report letter
No. 2	Findings and plan: whiplash injury	Report letter

+ 13 more writing cases in the complete 2026 set. Get it at cliniverba.com

How the OET Writing sub-test works

- You have 45 minutes in total: 5 minutes to read the case notes and 40 minutes to write.
- You write ONE letter (usually a referral, discharge or transfer letter) to the person named in the task, using only the information in the case notes.
- The body of the letter should be about 180 to 200 words. Select the relevant notes; do not copy everything.
- Your letter is assessed on six criteria: Purpose, Content, Conciseness and Clarity, Genre and Style, Organisation and Layout, and Language.
- Each case here is set out exactly as it appears in the exam, and every case is written fresh for 2026 and calibrated to the current exam difficulty index.

Get your letter corrected

- Write your letter under exam conditions (45 minutes, no dictionary, no notes).
- Then, for corrections, visit cliniverba.com. Our OET-trained team marks your letter against all six criteria and shows you exactly what to fix.
- Practise, get corrected, and repeat. That is how our students clear the Writing sub-test.

WRITING SUB-TEST · PHYSIOTHERAPY

CASE 1 OF 2

TIME ALLOWED: READING TIME: 5 MINUTES · WRITING TIME: 40 MINUTES

Read the case notes below and complete the writing task which follows.

Case 1: Initial assessment: frozen shoulder

Notes:

Assume that today's date is 20 February 2026.

PATIENT DETAILS

Name	Mrs Nadia Hassan
Age	52 years
Occupation	Primary school teacher (full-time); right-hand dominant
Medical history	Type 2 diabetes (2018): metformin; hypothyroidism: levothyroxine
Referral	Dr Sharma, 12 Feb 2026: right shoulder pain/stiffness; X-ray 10 Feb: no osteoarthritis, no calcification

PHYSIOTHERAPY NOTES: initial consultation 19 Feb 2026

Subjective

- 4 months progressive R shoulder pain + stiffness; no injury or trauma recalled
- Night pain: unable to lie on R side; sleep broken most nights; paracetamol not helping
- Difficulty dressing (fastening bra, putting on jacket), reaching overhead shelves at school, reversing car
- Pain 6/10 at worst (sudden reaching); constant dull ache 3/10
- Worried about managing classroom duties; new school term started

Objective

- Active ROM R shoulder: flexion 95°, abduction 70°, external rotation 15° (L side: full; ER 80°)
- Passive ROM: similarly restricted, firm capsular end-feel; external rotation most limited (capsular pattern)
- Strength: preserved within available range; no rotator cuff weakness pattern
- Cervical spine screen: NAD; neuro screen: NAD

Assessment

Adhesive capsulitis (frozen shoulder), R: freezing/frozen stage; consistent with diabetes association.

Treatment plan

- Education: natural history (typically 12-18 months, staged recovery); reassurance
- Gentle joint mobilisation + pendular and assisted ROM exercises within pain limits; heat before home exercises
- Home program 3x/day; pacing advice for work tasks
- Review weekly x4, then fortnightly; progress report to GP in 6 weeks
- Suggest GP consider: corticosteroid injection (good evidence for pain relief at this stage) if night pain remains limiting; review of analgesia (paracetamol ineffective; ?NSAID if suitable)

WRITING TASK

You are a physiotherapist in private practice at Elm Street Physiotherapy Clinic, Marsden. Mrs Nadia Hassan has been referred to you by her doctor, Dr Anita Sharma, for assessment and management of right shoulder pain and stiffness. Mrs Hassan visited you yesterday. Using the information in the case notes, write a letter back to the referring doctor detailing your findings and suggested treatment plan. Address the letter to: Dr Anita Sharma, Marsden Family Practice, 9 Church Street, Marsden.

In your answer:

- Expand the relevant notes into complete sentences
- Do not use note form
- Use letter format

The body of the letter should be approximately **180-200 words**.





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WRITING SUB-TEST · PHYSIOTHERAPY

CASE 2 OF 2

TIME ALLOWED: READING TIME: 5 MINUTES · WRITING TIME: 40 MINUTES

Read the case notes below and complete the writing task which follows.

Case 2: Findings and plan: whiplash injury

Notes:

Assume that today's date is 18 March 2026.

PATIENT DETAILS

Name	Mr Callum Ross
Age	34 years
Occupation	Graphic designer (screen-based, full-time)
Medical history	Nil significant; no previous neck problems; non-smoker
Accident	08 Mar 2026: car struck from behind at traffic lights; attended Emergency same day: cervical X-ray, no fracture; discharged with analgesia
Referral	Dr Beattie, 16 Mar 2026: assessment + management of neck pain

PHYSIOTHERAPY NOTES: initial consultation 18 Mar 2026

Subjective

- Neck pain + stiffness 5/10; worse end of day and with screen work >30 min
- Occasional headaches: occipital, spreading to temples
- NO dizziness, visual disturbance, arm pain or pins and needles
- Sleep disturbed first week: now improving
- Returned to work part-time; anxious when driving since accident

Objective

- Posture: forward head position, guarded neck movements
- Cervical AROM: rotation R 60°, L 55° (pain at end-range); flexion full; extension half range, painful
- Upper limb neurological screen: NAD
- Palpation: tenderness + muscle spasm, both upper trapezii and C2, C5 paraspinals; NO midline bony tenderness

Assessment

Whiplash-associated disorder, grade II. Good prognostic indicators (no neurological deficit); mild driving-related anxiety: to monitor.

Treatment plan

- Education + reassurance: stay active, no collar, expected recovery 6-12 weeks
- Active ROM exercises hourly; postural/scapular retraining; graded screen time with breaks every 30 min
- Manual therapy: soft tissue techniques + gentle mobilisation
- Review 2x/week for 2 weeks, then reassess; graded return to full-time work
- Will refer back promptly if not progressing, or if headaches/anxiety escalate: suggest GP monitor mood + driving anxiety at next review

WRITING TASK

You are a physiotherapist at Northgate Physiotherapy Centre, Ellsworth. Mr Callum Ross has been referred to you by his doctor, Dr Mark Beattie, following a motor vehicle accident. You assessed Mr Ross today. Using the information in the case notes, write a letter back to the referring doctor detailing your findings and management plan. Address the letter to: Dr Mark Beattie, Ellsworth Medical Practice, 26 Harbour Road, Ellsworth.

In your answer:

- Expand the relevant notes into complete sentences
- Do not use note form
- Use letter format

The body of the letter should be approximately **180-200 words**.





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