

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

TREATMENT GOALS:

- | | |
|---|---|
| <input type="checkbox"/> Increase ROM | <input type="checkbox"/> Decrease Pain/Swelling |
| <input type="checkbox"/> Increase Strength | <input type="checkbox"/> Home Exercise Program |
| <input type="checkbox"/> Increase Mobility | <input type="checkbox"/> Wellness Consultation |
| <input type="checkbox"/> Improve Coordination & Balance | <input type="checkbox"/> Other: _____ |

INSTRUCTIONS:

Evaluation & Treatment

Procedures:

- Therapeutic Exercise
- Myofascial Release/Soft Tissue Mobilization
- Manual Therapy/Jt Mobs
- Neuromuscular Re-ed
- Biofeedback Balance Training: DBS™
- Vestibular Training

Modalities:

- Heat / Cold
- Ultrasound
- Electrical Stimulation
- Other: _____

Post-Surgical Instructions: _____

TREATMENT:

- Therapist Discretion
- Frequency: _____ x per wk for _____ weeks.

Comments: _____

Physician Signature: _____ Date: _____



Orthopedic, Sports & Spine Physical Therapy
Ph. (239) 591-4711 Fax (239) 593-1195

PELICAN Sports & Rehab for BALANCE PROBLEMS



Orthopedic, Sports & Spine Physical Therapy
Michael Willett, PT. GPS - Director of Physical Therapy / Owner

Physical Therapy ... the Neapolitan way!

Located in North Naples between Pelican Bay & Pelican Marsh Communities on the corner of 91st Ave and US41/Tamiami Trail. (Across from the Mercato Shops)

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Early Morning / Evening Appointments
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Maintain your
quality of life and independence.
Physical therapy is the clear choice!

Choose PELICAN Sports & Rehab to relieve

BALANCE PROBLEMS

Physical Therapists are experts in the art and science of the evaluation and treatment of human movement and balance dysfunctions. We care for a variety of muscle, joint, and nervous system disorders that can affect your balance.

Don't Ignore the Facts:

- One of every three persons age 65 and older falls each year.
- Falls are the leading cause of injury and accidental death in those over the age of 85.
- In 2005, 15,800 people 65 and older died from injuries related to unintentional falls.
- About 1.8 million people 65 and older were treated in ERs for injuries sustained from falls (CDC 2008)

Risk Factors Associated with Falls:

- Older Age
- Vision problems
- Muscle weakness
- Medications (being on 4 or more)
- A history of falls
- Medical conditions such as diabetes, arthritis, stroke, walking problems, fear of falling.
- Vestibular/Inner-ear problems or BPPV

Your Physical Therapist will assess:

1. Your fall risk
2. Your strength/flexibility
3. Your balance/posture
4. Your medical history

More than 90% of hip fractures among adults ages 65 and older are caused by falls.*

Maintain your quality of life

www.PelicanPT.com

Your Balance Program:

After your initial evaluation your therapist will provide you with a custom treatment program. It may consist of:

- Strengthening exercises
- Flexibility exercises
- Walking exercises
- Transfer exercises
- Balance exercises
- Coordination exercises
- BPPV treatment

Cutting-edge Biofeedback Technology

- Rapidly identifies your deficits
- Is easy to understand
- Helps you reach your goals faster
- Saves you time and treatments

It's a Team Effort

Your physical therapist may refer you to another health care professional such as an eye doctor, neurologist, or your general practitioner if we notice anything that is beyond the scope of our practice. Together, we can help you live a happier, more independent life.

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Steps to take:

- Call for a *complementary* consultation with a senior Physical Therapist.
- We will discuss your complaint(s), answer questions & verify insurance.
- Visit our Website for answers to frequently-asked questions.
- Ask your physician to complete our referral form enclosed.



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*Cited from Centers for Disease Control and Prevention, 2008 www.cdc.gov

