

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
- Gait Training
- Biofeedback Balance

Modalities:

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

Training: DBS™

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



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)

9051 Tamiami Trail N., Suite 104
Naples, FL 34108
Phone: (239) 591-4711
Fax: (239) 593-1195
Email: info@PelicanPT.com



PELICAN Sports & Rehab for
KNEE PAIN



** Free Consultations **
Conveniently Located
Early Morning / Evening Appointments
Most Insurance Accepted

www.PelicanPT.com

Recover your quality of life
without drugs, side effects or surgery.

Physical therapy is the clear choice!

Choose PELICAN Sports & Rehab to relieve

KNEE PAIN

Recover your quality of life

www.PelicanPT.com



Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

Conditions we have successfully treated:

- Arthritis
- Chondromalacia
- Patellofemoral Pain
- Ligament Sprains
- Tendonitis/Bursitis
- Tendon/Muscle Strains
- IT Band Syndrome
- Post Surgical Conditions

What are my treatment options?

- Drugs
- Epidural Injections
- Corticosteroid Injections
- **Physical Therapy***

Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research*
- Customized to treat the underlying cause

If you're ready for relief,
and tired of "masking" your pain,
treat the cause, not just the symptoms!

Your Recovery Process:

- Pain relief
- Recovery of knee motion
- Recovery of strength
- Functional/sports retraining
- Independent home/health club program

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Progressive strength training
- Balance and muscular re-education

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.



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

*Cited from the academic journal, Clinical Biomechanics, Aug. 2006