

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

TREATMENT GOALS:

- | | |
|---|--|
| <input type="checkbox"/> Increase ROM | <input type="checkbox"/> Decrease Pain |
| <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 | <input type="checkbox"/> Other: _____ |

INSTRUCTIONS:

Evaluation & Treatment

Procedures:

- Therapeutic Exercise
- Rotator Cuff Program
- Manual Therapy/Jt Mobs
- Myofascial Release/Soft Tissue Mobilization
- Postural Training

Modalities:

- Heat / Cold
- Ultrasound
- Electrical Stimulation
- Iontophoresis
- 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



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



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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.

Common Shoulder Ailments:

- Impingement*
- Rotator cuff tear
- Instability
- Fracture/trauma
- Frozen shoulder
- Tendinopathy
- Arthritis

What are my treatment options?

- Drugs
- Surgery
- **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
- Restoration of normal movement
- Recovery of function
- Independent care

Components of Your Care:

- A biomechanical evaluation
- Custom treatment plan
- Extensive patient education
- Hands-on techniques to relax the muscles and recover mobility
- Stretching for tight muscles
- Strengthening of weak muscles
- Mobilization of stiff joints
- Modalities such as ice, heat, ultrasound or electrical stimulation

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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* Physical therapy has been proven to be as effective as surgery. Ann Rheum Dis. 2005 May;64(5)