



PHYSICAL THERAPY T • O • D • A • Y

SERVING YOU TODAY, FOR A HEALTHY TOMORROW...

MEDICAL DISTRICT LOCATION
4138 19th St. • Lubbock, Texas 79407
(806)780-2329 • (806)780-2330 FAX

SOUTHWEST LOCATION
6202 82nd Street • Lubbock, Texas 79424
(806) 687-8008 • (806) 687-8009 FAX

SOUTH LOOP LOCATION
2431 S. Loop 289 • Lubbock, Texas 79423
(806) 771-8008 • (806) 771-8009 FAX

NAME: _____ DATE OF INJURY _____ DOB _____

DIAGNOSIS: _____ DATE OF SURGERY _____

INSURANCE: _____ PHONE: HOME _____ WORK _____

ORTHOPEDIC OUTPATIENT REHABILITATION

EVALUATE & TREAT

START TODAY

CONTINUE THERAPY

THERAPEUTIC PROCEDURES

- Active
- Active Assist
- Passive
- Isometric
- Progressive Resistive
- Gait Training
- Manual Therapy/Joint Mobilization
- Home Program Instruction
- Balance Training
- Proprioception

HAND THERAPY

- Modalities
- Splinting _____

EXERCISE CENTER

- Progress to the **EXO** Exercise Center and/or Underwater Treadmill Exercise Center (Independent Exercise Program)

MODALITIES

- Heat
- Cold
- Cold Compression
- Ultrasound
- Electrical Stimulation
- Massage/Myofascial
- Paraffin
- Phonophoresis
- Iontophoresis
- Traction
 - Back
 - Cervical

AQUATIC THERAPY

- Underwater Treadmill** ★
- Aquatic Therapy
- Aqua & Land combo.
- Start with Aqua progress to Land therapy

INDUSTRIAL REHABILITATION

- Work Hardening (FCE Included)
- Work Conditioning (FCE Included)
- Functional Capacity Evaluation
- Impairment Rating Measurement
 - Hand
 - Back
 - Other _____

SPORTS

- Return to Sports Functional Test

GOALS

- ▲ Range of motion
- ▲ Strength
- ▲ Gait
- ▲ Functional ADL's
- ▼ Pain
- ▼ Edema
- ▼ Spasm

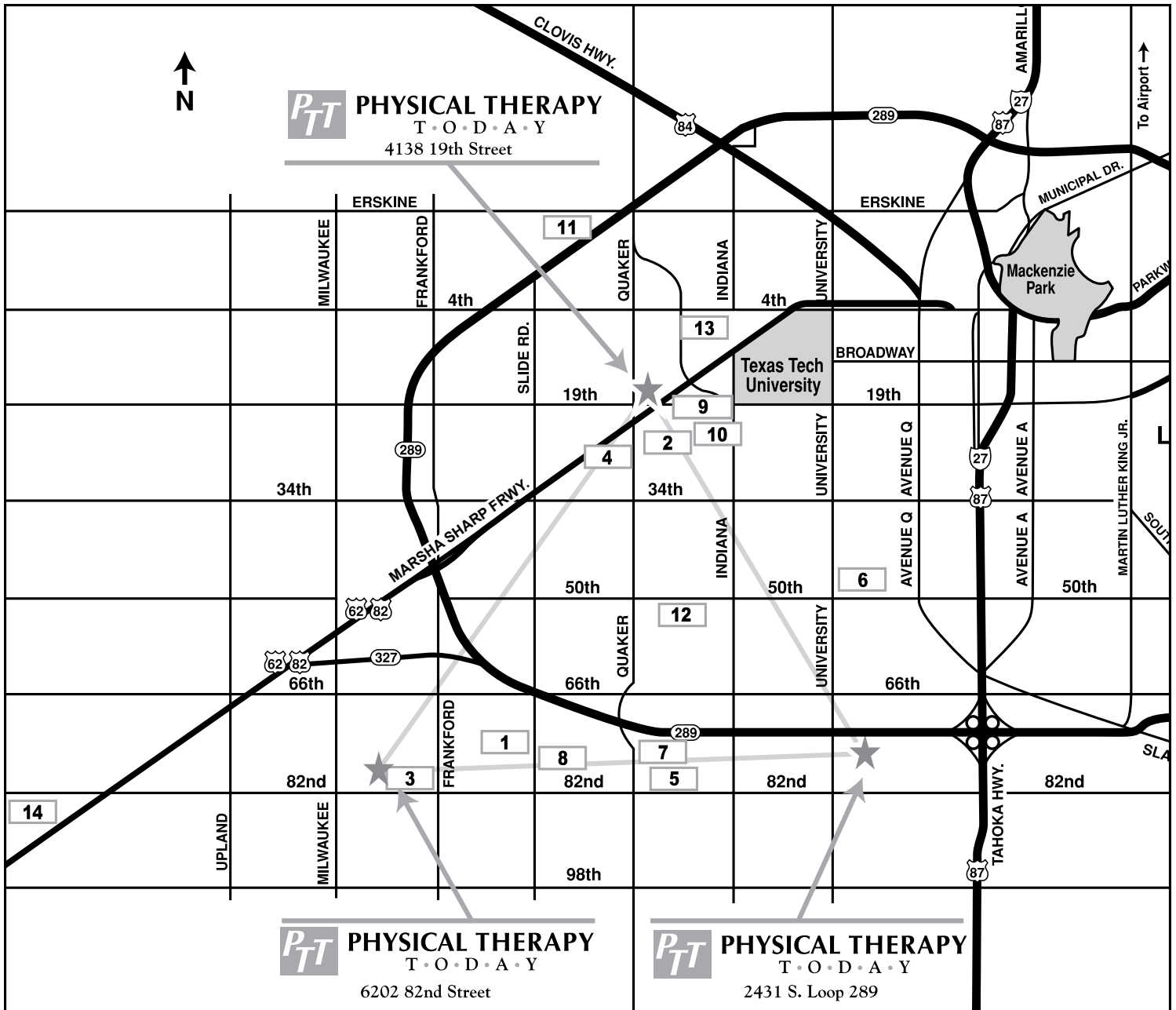
REFERRAL TO COVER _____

SPECIFIC INSTRUCTIONS _____

_____ TIMES PER WEEK FOR _____ WEEKS DAILY TREATMENT

NEXT PHYSICIAN'S APPOINTMENT: _____ PHYSICIAN'S NAME _____

PHYSICIAN'S SIGNATURE _____ DATE _____



- | | | | |
|--|----------|---|-----------|
| Arthritis & Osteoporosis Associates | 1 | LakeRidge Clinic | 8 |
| Covenant Lakeside Plaza | 2 | Lubbock Sports Medicine Associates | 9 |
| Family First Healthcare | 3 | Lubbock Diagnostic Clinic | 10 |
| Grace Clinic | 4 | North Star | 11 |
| HealthPlus | 5 | Southwest Diagnostic Clinic | 12 |
| Highland | 6 | Texas Tech Pavilion | 13 |
| Kings Park | 7 | Wolfforth Clinic | 14 |

PTT **PHYSICAL THERAPY**
T • O • D • A • Y

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