

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Patient Education
- Other _____

COMMENTS: _____

Frequency: _____ X per week for _____ weeks

Signature: _____

Date: _____

Foothills Physical Therapy & Sports Medicine Center for

ANKLE/FOOT PAIN



Your South Knoxville Choice
Personal Care / Effective Results

4011 Chapman Hwy, Suite J
Knoxville TN 37920
Tel: 865-573-6458
Fax: 865-577-8147

web: www.foothillspt.us
email: info@foothillspt.us

Doctors of Physical Therapy
Most Insurance Plans Accepted
Conveniently Located/Easy Access
Your first visit is usually within 24-48 hours



We accept referrals from any physician.
Most insurance plans are accepted.
Please give us a call for more information.

Recover your quality of life
without drugs, side effects or surgery.
Physical therapy is the clear choice!

Choose Foothills Physical Therapy & Sports Medicine Center to relieve

ANKLE/FOOT PAIN

Recover your quality of life

www.foothillspt.us



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:

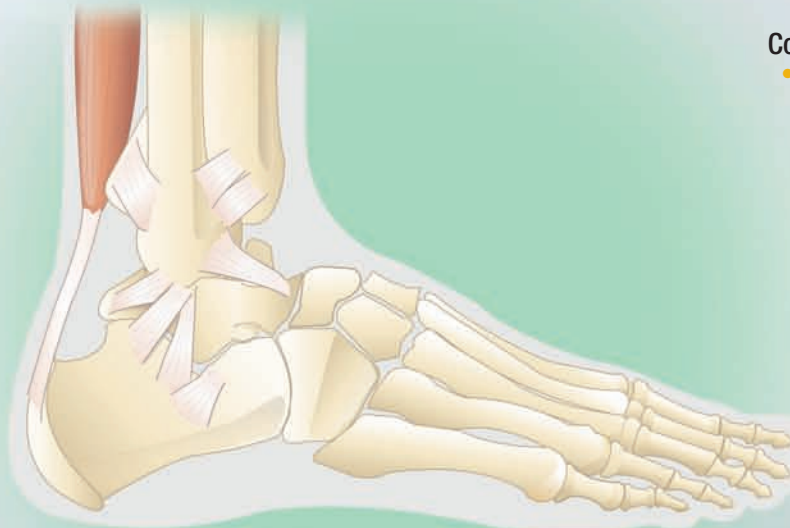
- Ankle pain
- Shin splints
- Ankle sprains
- Plantar fasciitis
- Achilles tendonitis
- Excessive pronation
- Post surgical conditions
- Tibialis posterior tendonitis

What are my treatment options?

- Drugs
- Corticosteroid Injections
- Surgery
- **Physical Therapy***

Advantages of Physical Therapy:

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



Your Recovery Process:

- Pain relief
- Recovery of mobility or stability
- Increased strength
- Recovery of walking and functional skills
- Independent care

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
- Walking retraining
- Balance exercises
- Shoe inserts (orthotic recommendations)

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

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

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



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*Cited from the academic journal, JBJS (American), 2006;88; Am J Sports Med 1998 May; 26(3)