

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: _____

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



Your South Knoxville Choice
Personal Care / Effective Results

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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

Foothills Physical Therapy & Sports Medicine Center for

BACK PAIN



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

BACK 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:

- Acute pain
- Sciatica
- Chronic pain
- Sprains/strains
- Arthritis (spondylosis)
- Degenerative disc disease
- Herniated, ruptured disc
- Pinched nerves (radiculopathy)
- Post surgical laminectomy/fusion
- Spondylolisthesis
- Spondylolysis

What are my treatment options?

- Drugs
- Epidural 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 lost trunk motion
- Progressive trunk stabilization
- Progressive recovery & retraining
- 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
- Repeated movements to centralize pain
- Effective joint mobilization techniques to decrease pain & stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Dynamic or static pelvic traction
- Targeted stretching for tight muscles

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!



* Physical therapy techniques have been proven effective for both acute and chronic back pain. Annals of Internal Medicine, Vol 141 (12), 2004 and Vol 142 (5), 2005.



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