

# 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**

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

web: [www.foothillspt.us](http://www.foothillspt.us)  
email: [info@foothillspt.us](mailto: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

# KNEE 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

# KNEE PAIN

Recover your quality of life

[www.foothillspt.us](http://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:

- 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.

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.



**FOOTHILLS  
PHYSICAL THERAPY**  
& SPORTS MEDICINE CENTER

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