

# PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## TREATMENT GOALS:

- |   |   |
|---|---|
| <input type="checkbox"/> Increase ROM                   | <input type="checkbox"/> Decrease Pain/Swelling |
| <input type="checkbox"/> Increase Strength              | <input type="checkbox"/> Home Exercise Program  |
| <input type="checkbox"/> Increase Mobility              | <input type="checkbox"/> Other: _____           |
| <input type="checkbox"/> Improve Coordination & Balance | _____   |

## INSTRUCTIONS:

Evaluation & Treatment

### Procedures:

- Therapeutic Exercise
- Myofascial Release/Soft Tissue Mobilization
- Manual Therapy/Jt Mobs
- Gait Training
- Neuromuscular Re-ed

### Modalities:

- Heat / Cold
- Ultrasound
- Electrical Stimulation
- Iontophoresis
- Other: \_\_\_\_\_

Post-Surgical Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## TREATMENT:

- Therapist Discretion
- Frequency: \_\_\_\_\_ x per wk for \_\_\_\_\_ weeks.

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

# Foothills Physical Therapy & Sports Medicine Center for POST SURGICAL REHAB



**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



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

# POST SURGICAL REHAB



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.

## Post surgical cases we successfully treated:

- Total Hip & Knee Replacement
- Total Shoulder Arthroplasty
- Arthroscopic Surgical Repairs
- Spinal Laminectomy/Fusion/Discectomy
- Meniscus/Ligament Repairs
- Many others...

## Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research\*
- Restores loss of function

Surgery puts you ON the road to recovery, but Physical Therapy will help TAKE you there.



Recover your quality of life

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



## Your Recovery Process:

- Recovery of joint motion
- Recovery of strength
- Pain relief
- Improved function
- Return to independence

## Components of Your Care:

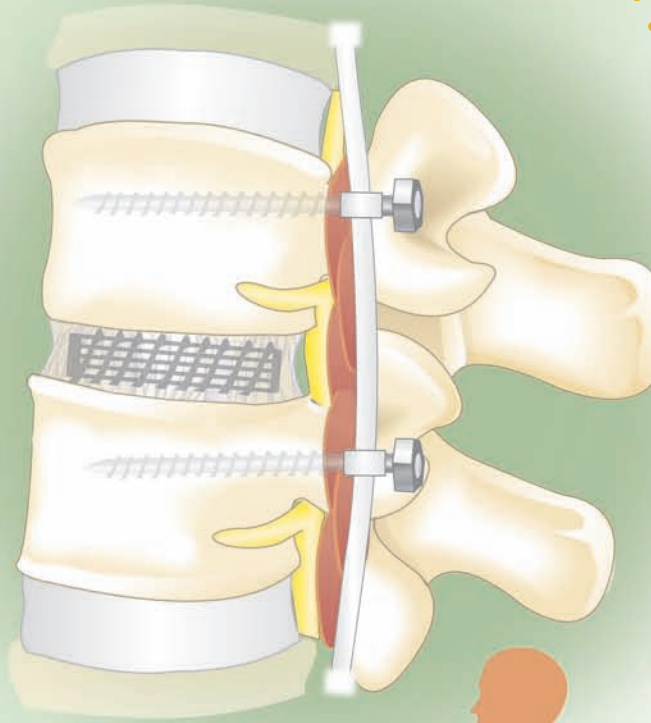
- A thorough biomechanical evaluation
- Extensive patient education
- Hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Progressive strength training
- Targeted stretching for tight muscles
- Functional re-education
- Aquatic Therapy

Make an appointment today.

Start feeling better tomorrow.

## Steps to take:

- Call for a consultation with a 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.



\* Physical therapy techniques are recommended for arthritis of the knee, hip, shoulder, and hand.  
Physical Therapy 2005 85: 907-971; Physical Therapy 2004 84: 934-972



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