

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

SHOULDER 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

SHOULDER 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.

Common Shoulder Ailments:

- Impingement*
- Rotator cuff tear
- Instability
- Fracture/trauma
- Frozen shoulder
- Tendinopathy
- Arthritis

What are my treatment options?

- Drugs
- Surgery
- 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
- Restoration of normal movement
- Recovery of function
- Independent care

Components of Your Care:

- A biomechanical evaluation
- Custom treatment plan
- Extensive patient education
- Hands-on techniques to relax the muscles and recover mobility
- Stretching for tight muscles
- Strengthening of weak muscles
- Mobilization of stiff joints
- Modalities such as ice, heat, ultrasound or electrical stimulation

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**

**Your South Knoxville Choice
Personal Care / Effective Results**

* Physical therapy has been proven to be as effective as surgery. Ann Rheum Dis. 2005 May:64(5)