



DIAGNOSIS ICD-9 SURGERY SURGERY DATE PRECAUTIONS/COMMENTS SURGERY DATE PRECAUTIONS/COMMENTS SURGERY DATE COMPLETE REHABILITATION PROGRAMS MODALITIES SPECIALTY PROGRAMS	NAME	DATE	
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PRECAUTIONS/COMMENTS EVALUATE AND TREAT SPECIFIC RECOMMENDATIONS			
COMPLETE REHABILITATION PROGRAMS Soft Tissue Mobilization/Myofascial Release Ultrasound Pliates Based Rehabilitation			
COMPLETE REHABILITATION PROGRAMS Soft Tissue Mobilization/Myofascial Release Ultrasound Pilates Based Rehabilitation Polity Moment State Polity Moment Ave. Polity Mome	_		
Soft Tissue Mobilization/Myofascial Release Phonophoresis Blocked Milk Ducts Blocked	LI EVALUATE AND TREAT SPECIFIC RECOM	MENDATIONS	
Pilates Mat Small Groups Yoga (private and small group) Independent Gym Pilates Equipment Small Groups TRX® Suspension Training® ATMX® Machine Private Sessions Pilates Private Sessions PhysioFitness (taping, massage, exercise) Craniosacral Therapy GYROTONIC® Private Sessions Therapeutic Massage Feldenkrais® GYROKINESIS® Small Groups Personal Training Nutritional Counseling PHYSIOFIT PHYSICAL THERAPY AND WELLNESS 1000 FREMONT AVENUE, SUITE 108, LOS ALTOS, CA 94024 P: 650-947-8500, F: 650-947-8501, WWW.PHYSIOFITPT.COM HWY 237 From 280 South Bound: Exit From 280 North Bound: Exit From 280 North Bound: Exit From 280 North Bound: Exit From Miramonte Exit From 280 North Bound: Exit Fremont/Miramonte Exit From 237 West Bound: At the end of Hwy, 237 take Grant Rd. to Fremont Ave. and turn Right Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. to Fremont Ave. Miramonte, We are the end of Hwy, 237 take Grant Rd. To Sun Hwy 280 takes the end of Hwy, 237 takes are the end of Hwy, 237 takes are the end of Hwy, 237 takes are the end of Hwy, 280 takes are takes are the end of Hwy, 280 takes are the end of Hwy, 280 tak	Soft Tissue Mobilization/Myofascial Release Joint Mobilization Manual Traction Stretching/Range of Motion Strength/Endurance Training Balance Exercises Posture and Body Mechanics Education FREQUENCY □ Daily □ 1X □ 2X □ 3X I certify that this patient is in need of outpatient phenety in the property of the pro	Ultrasound Phonophoresis Iontophoresis Electrical Stimulation Traction Ice/Heat Home Use TENS/Neuromuscular Stimulator per week DURATION weeks hysical therapy services according to the above p	Pilates Based Rehabilitation Blocked Milk Ducts Women's Health Pelvic Floor Therapy Vestibular Rehabilitation Lymphedema Treatment or NEXT DR. APPOINTMENT
Pilates Mat Small Groups Yoga (private and small group) Independent Gym Pilates Equipment Small Groups TRX® Suspension Training® ATMX® Machine Private Sessions PhysioFitness (taping, massage, exercise) Craniosacral Therapy GYROTONIC® Private Sessions Therapeutic Massage Feldenkrais® GYROKINESIS® Small Groups Personal Training Nutritional Counseling PHYSIOFIT PHYSICAL THERAPY AND WELLNESS 1000 FREMONT AVENUE, SUITE 108, LOS ALTOS, CA 94024 P: 650-947-8500, F: 650-947-8501, WWW.PHYSIOFITPT.COM HWY 101 Fremont/Miramonte Exit From 280 North Bound: Exit From 280 North Bound: Exit From 280 North Bound: Exit From Miramonte Exit From 280 North Bound: Exit Fremont/Miramonte Exit Fremont Ave. and turn Right El Camino Real El C	riease senti file filore prescription paus.		
1000 FREMONT AVENUE, SUITE 108, LOS ALTOS, CA 94024 P: 650-947-8500, F: 650-947-8501, WWW.PHYSIOFITPT.COM From 280 South Bound: Exit Magdalena and turn Left Turn Right onto Foothill Expy. Exit Fremont/Miramonte Exit From 280 North Bound: Exit Fremont/Miramonte Exit From 85 North Bound: Exit Fremont Ave. and turn Left From 237 West Bound: At the end of Hwy. 237 take Grant Rd. to Fremont Ave. and turn Right From 101 South Bound: Take Hwy. 85, exit Fremont Ave. and turn Right From 101 South Bound: Take Hwy. 85, exit Fremont Ave. and turn Right HWY 280	☐ Pilates Mat Small Groups ☐ Pilates Equipment Small Groups ☐ Pilates Private Sessions ☐ GYROTONIC® Private Sessions	☐ Yoga (private and small group) ☐ TRX® Suspension Training® ☐ PhysioFitness (taping, massage, exercise)	ATM2® Machine Private Sessions
From 101 North Bound:	GYROKINESIS" Small Groups		Feldenkrais®