



NAME _____ DATE _____

DIAGNOSIS _____ ICD-9 _____

SURGERY _____ SURGERY DATE _____

PRECAUTIONS/COMMENTS _____

EVALUATE AND TREAT SPECIFIC RECOMMENDATIONS _____

COMPLETE REHABILITATION PROGRAMS

- Soft Tissue Mobilization/Myofascial Release
- Joint Mobilization
- Manual Traction
- Stretching/Range of Motion
- Strength/Endurance Training
- Balance Exercises
- Posture and Body Mechanics Education

MODALITIES

- Ultrasound
- Phonophoresis
- Iontophoresis
- Electrical Stimulation
- Traction
- Ice/Heat
- Home Use TENS/Neuromuscular Stimulator

SPECIALTY PROGRAMS

- Pilates Based Rehabilitation
- Blocked Milk Ducts
- Women's Health
- Pelvic Floor Therapy
- Vestibular Rehabilitation
- Lymphedema Treatment

FREQUENCY Daily 1X 2X 3X per week DURATION _____ weeks NEXT DR. APPOINTMENT _____

I certify that this patient is in need of outpatient physical therapy services according to the above plan.

PHYSICIAN SIGNATURE _____ DATE _____

Please send me _____ more prescription pads.

RECOMMENDED ONGOING WELLNESS PROGRAMS

- | | | |
|--|--|---|
| <input type="checkbox"/> Pilates Mat Small Groups | <input type="checkbox"/> Yoga (private and small group) | <input type="checkbox"/> Independent Gym |
| <input type="checkbox"/> Pilates Equipment Small Groups | <input type="checkbox"/> TRX [®] Suspension Training [®] | <input type="checkbox"/> ATM2 [®] Machine Private Sessions |
| <input type="checkbox"/> Pilates Private Sessions | <input type="checkbox"/> PhysioFitness (taping, massage, exercise) | <input type="checkbox"/> Craniosacral Therapy |
| <input type="checkbox"/> GYROTONIC [®] Private Sessions | <input type="checkbox"/> Therapeutic Massage | <input type="checkbox"/> Feldenkrais [®] |
| <input type="checkbox"/> GYROKINESIS [®] Small Groups | <input type="checkbox"/> Personal Training | <input type="checkbox"/> Nutritional Counseling |

PHYSIOFIT PHYSICAL THERAPY AND WELLNESS
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From 280 South Bound:
Exit Magdalena and turn Left
Turn Right onto Foothill Expy.
Exit Fremont/Miramonte Exit

From 280 North Bound:
Exit Foothill Expy. and turn Right
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 North Bound:
Exit Hwy. 237 West Bound (see above)

