

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"/> Wellness Consultation |
| <input type="checkbox"/> Improve Coordination & Balance | <input type="checkbox"/> Other: _____ |

INSTRUCTIONS:

Evaluation & Treatment

Procedures:

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

Modalities:

- Heat / Cold
- Ultrasound
- Electrical Stimulation
- Iontophoresis
- Other: _____

Training: DBS™

Post-Surgical Instructions: _____

TREATMENT:

- Therapist Discretion
- Frequency: _____ x per wk for _____ weeks.

Comments: _____

Physician Signature: _____ Date: _____



Orthopedic, Sports & Spine Physical Therapy
Ph. (239) 591-4711 Fax (239) 593-1195



Orthopedic, Sports & Spine Physical Therapy
Michael Willett, PT. GPS - Director of Physical Therapy / Owner

Physical Therapy ... the Neapolitan way!

Located in North Naples between Pelican Bay & Pelican Marsh Communities on the corner of 91st Ave and US41/Tamiami Trail. (Across from the Mercato Shops)

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PELICAN Sports & Rehab for
ANKLE/FOOT PAIN



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ANKLE/FOOT PAIN

Recover your quality of life

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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:

- Ankle pain
- Shin splints
- Ankle sprains
- Plantar fasciitis
- Achilles tendonitis
- Excessive pronation
- Post surgical conditions
- Tibialis posterior tendonitis

What are my treatment options?

- Drugs
- Corticosteroid Injections
- 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
- Recovery of mobility or stability
- Increased strength
- Recovery of walking and functional skills
- Independent care

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
- Walking retraining
- Balance exercises
- Shoe inserts (orthotic recommendations)

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Steps to take:

- Call for a *complementary* consultation with a senior 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.



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