

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
- Core Strengthening/ Stabilization
- Myofascial Release/Soft Tissue Mobilization
- Manual Therapy/Jt Mobs
- Gait Training
- Biofeedback Balance Training: DBS™

Modalities:

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

Post-Surgical Instructions: _____

TREATMENT:

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

Comments: _____

Physician Signature: _____ Date: _____



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 BACK & NECK PAIN



Orthopedic, Sports & Spine Physical Therapy
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**** Free Consultations ****
 Conveniently Located
 Early Morning / Evening Appointments
 Most Insurance Accepted

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 without drugs, side effects or surgery.

Physical therapy is the clear choice!

Choose PELICAN Sports & Rehab to relieve

BACK & NECK 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:

- Acute/Chronic pain
- Sciatica
- Degenerative disc disease
- Herniated, ruptured disc
- Whiplash/Headaches
- Arthritis (spondylosis)
- Pinched nerves (radiculopathy)
- Post surgical laminectomy/fusion
- Sprains/Strains
- Spondylolysis

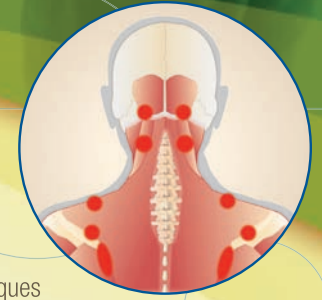
What are my treatment options?

- Drugs
- Epidural 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 loss of motion
- Trunk or neck stabilization techniques
- Progressive recovery of functional movement
- 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 pain & stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Spinal Traction
- Individualized postural retraining
- Targeted stretching for tight muscles

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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* Physical therapy techniques have been proven effective for both acute and chronic back pain. Annals of Internal Medicine, Vol 141 (12), 2004 and Vol 142 (5), 2005.