

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 | <input type="checkbox"/> Other: _____ |

INSTRUCTIONS:

Evaluation & Treatment

Procedures:

- | | |
|--|---|
| <input type="checkbox"/> Therapeutic Exercise | <input type="checkbox"/> Heat / Cold |
| <input type="checkbox"/> Manual Therapy/Jt Mobs | <input type="checkbox"/> Ultrasound |
| <input type="checkbox"/> Myofascial Release/Soft Tissue Mobilization | <input type="checkbox"/> Electrical Stimulation |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Iontophoresis |

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 ELBOW/WRIST PAIN



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ELBOW/WRIST 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:

- Tendonitis
- Wrist Fractures/Breaks
- Carpal Tunnel Syndrome
- Nerve Injuries/Entrapment
- Tennis/Golfer's Elbow
- Arthritis*
- Overuse Injuries

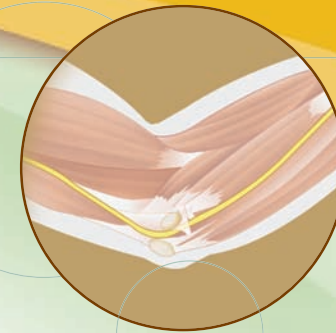
What are my treatment options?

- Drugs
- Surgery
- Corticosteroid Injections
- **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
- Activity Modification
- Recovery of mobility/stability
- Increased strength
- Improved function
- Independent care

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- Ergonomic Advice/Activity Modification
- 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

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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