

# PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_

### TREATMENT GOALS:

- |   |  |
|---|--|
| <input type="checkbox"/> Increase ROM         | <input type="checkbox"/> Decrease Pain         |
| <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:

- Therapeutic Exercise
- Rotator Cuff Program
- Manual Therapy/Jt Mobs
- Myofascial Release/Soft Tissue Mobilization
- Postural Training

#### 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  
**SHOULDER PAIN**



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Recover your quality of life  
without drugs, side effects or surgery.

Physical therapy is the clear choice!

Choose PELICAN Sports & Rehab to relieve

# SHOULDER 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.

## Common Shoulder Ailments:

- Impingement\*
- Rotator cuff tear
- Instability
- Fracture/trauma
- Frozen shoulder
- Tendinopathy
- Arthritis

## What are my treatment options?

- Drugs
- 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
- Restoration of normal movement
- Recovery of function
- Independent care

## Components of Your Care:

- A biomechanical evaluation
- Custom treatment plan
- Extensive patient education
- Hands-on techniques to relax the muscles and recover mobility
- Stretching for tight muscles
- Strengthening of weak muscles
- Mobilization of stiff joints
- Modalities such as ice, heat, ultrasound or electrical stimulation

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 has been proven to be as effective as surgery. Ann Rheum Dis. 2005 May;64(5)