



# PHYSICAL THERAPY T • O • D • A • Y

SERVING YOU TODAY, FOR A HEALTHY TOMORROW...

**MEDICAL DISTRICT LOCATION**  
4138 19th St. • Lubbock, Texas 79407  
(806)780-2329 • (806)780-2330 FAX

**SOUTHWEST LOCATION**  
6202 82nd Street • Lubbock, Texas 79424  
(806) 687-8008 • (806) 687-8009 FAX

**SOUTH LOOP LOCATION**  
2431 S. Loop 289 • Lubbock, Texas 79423  
(806) 771-8008 • (806) 771-8009 FAX

NAME: \_\_\_\_\_ DATE OF INJURY \_\_\_\_\_ DOB \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_ DATE OF SURGERY \_\_\_\_\_

INSURANCE: \_\_\_\_\_ PHONE: HOME \_\_\_\_\_ WORK \_\_\_\_\_

## ORTHOPEDIC OUTPATIENT REHABILITATION

**EVALUATE & TREAT**

**START TODAY**

**CONTINUE THERAPY**

### THERAPEUTIC PROCEDURES

- Active
- Active Assist
- Passive
- Isometric
- Progressive Resistive
- Gait Training
- Manual Therapy/Joint Mobilization
- Home Program Instruction
- Balance Training
- Proprioception

### HAND THERAPY

- Modalities
- Splinting \_\_\_\_\_

### EXERCISE CENTER

- Progress to the **EXO** Exercise Center and/or Underwater Treadmill Exercise Center (Independent Exercise Program)

### MODALITIES

- Heat
- Cold
- Cold Compression
- Ultrasound
- Electrical Stimulation
- Massage/Myofascial
- Paraffin
- Phonophoresis
- Iontophoresis
- Traction
  - Back
  - Cervical

### AQUATIC THERAPY

- Underwater Treadmill** ★
- Aquatic Therapy
- Aqua & Land combo.
- Start with Aqua progress to Land therapy

### INDUSTRIAL REHABILITATION

- Work Hardening (FCE Included)
- Work Conditioning (FCE Included)
- Functional Capacity Evaluation
- Impairment Rating Measurement
  - Hand
  - Back
  - Other \_\_\_\_\_

### SPORTS

- Return to Sports Functional Test

### GOALS

- ▲ Range of motion
- ▲ Strength
- ▲ Gait
- ▲ Functional ADL's
- ▼ Pain
- ▼ Edema
- ▼ Spasm

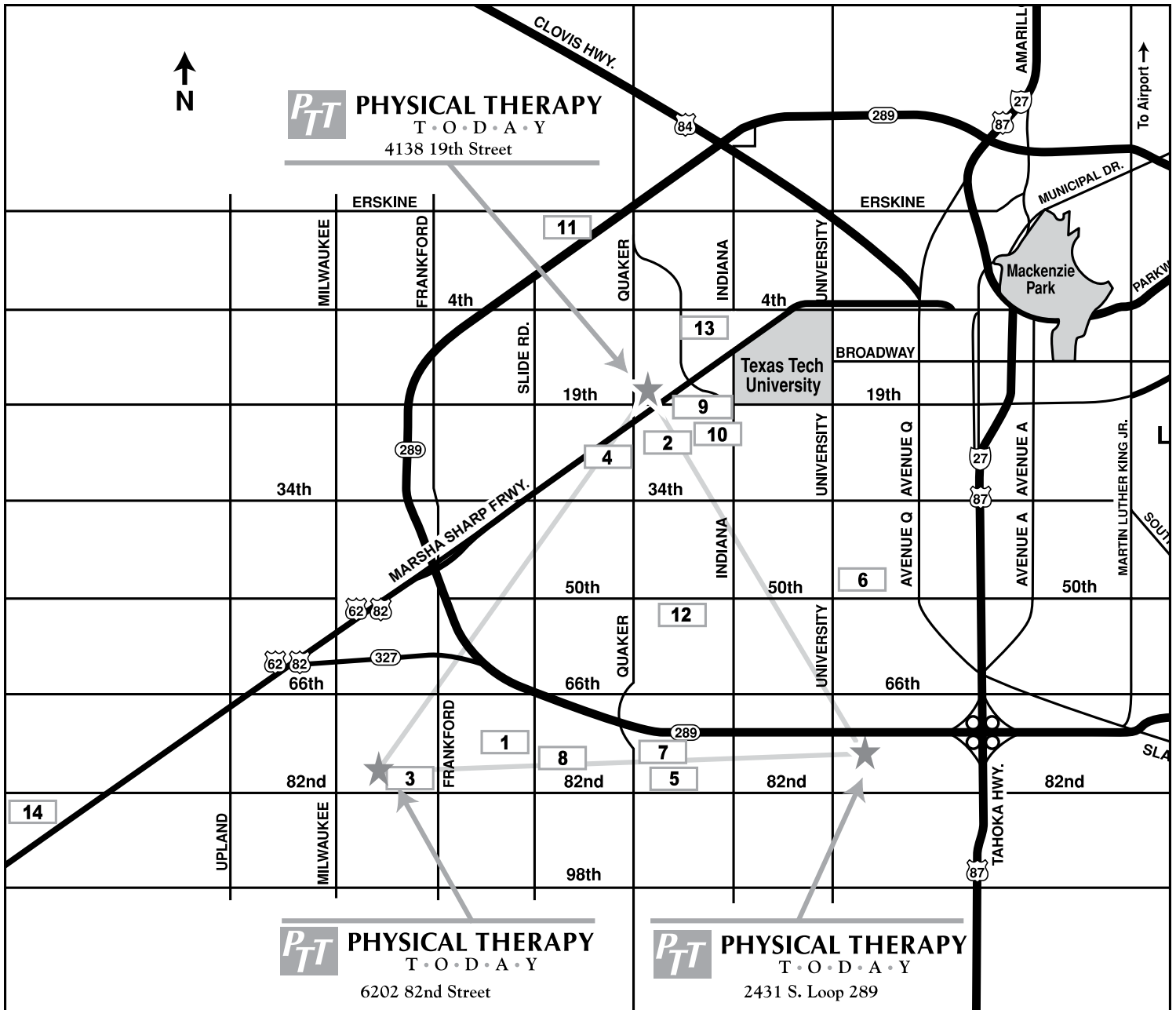
REFERRAL TO COVER \_\_\_\_\_

SPECIFIC INSTRUCTIONS \_\_\_\_\_

\_\_\_\_\_ TIMES PER WEEK FOR \_\_\_\_\_ WEEKS  DAILY TREATMENT

NEXT PHYSICIAN'S APPOINTMENT: \_\_\_\_\_ PHYSICIAN'S NAME \_\_\_\_\_

PHYSICIAN'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



- |  |          |   |           |
|--|----------|---|-----------|
| <b>Arthritis &amp; Osteoporosis Associates</b> ..... | <b>1</b> | <b>LakeRidge Clinic</b> .....                   | <b>8</b>  |
| <b>Covenant Lakeside Plaza</b> .....                 | <b>2</b> | <b>Lubbock Sports Medicine Associates</b> ..... | <b>9</b>  |
| <b>Family First Healthcare</b> .....                 | <b>3</b> | <b>Lubbock Diagnostic Clinic</b> .....          | <b>10</b> |
| <b>Grace Clinic</b> .....                            | <b>4</b> | <b>North Star</b> .....                         | <b>11</b> |
| <b>HealthPlus</b> .....                              | <b>5</b> | <b>Southwest Diagnostic Clinic</b> .....        | <b>12</b> |
| <b>Highland</b> .....                                | <b>6</b> | <b>Texas Tech Pavilion</b> .....                | <b>13</b> |
| <b>Kings Park</b> .....                              | <b>7</b> | <b>Wolfforth Clinic</b> .....                   | <b>14</b> |

**PTT** **PHYSICAL THERAPY**  
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