



**REFERRAL FOR PHYSICAL THERAPY**

Name \_\_\_\_\_ DOB \_\_\_\_\_

Diagnosis \_\_\_\_\_ Number of Treatments \_\_\_\_\_

ICD-9/ICD-10 \_\_\_\_\_

Comments \_\_\_\_\_

- Evaluate and administer appropriate Rx**
- Specific Rx as follows:**

**THERAPEUTIC EXERCISE**

- Strengthening
- Stretching
- Endurance

**MANUAL THERAPY**

- Joint mobilization
- Soft tissue mobilization
- Neuro-dynamic mobilization

**MODALITIES**

- Ice/heat
- Ultrasound
- Electrical stimulation

**ORTHOTICS**

**PT CHECK-UP**

**NEUROMUSCULAR RE-EDUCATION**

- Posture
- Stabilization training
- Balance/proprioception

**FUNCTIONAL ACTIVITIES**

- Movement correctives
- Transfers
- ADLs
- Plyometrics/agility

**TAPING**

**GAIT TRAINING**

**WORKSTATION SET-UP/ERGONOMICS**

Specific Physician Request: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PHYSICIAN NAME (PLEASE PRINT)

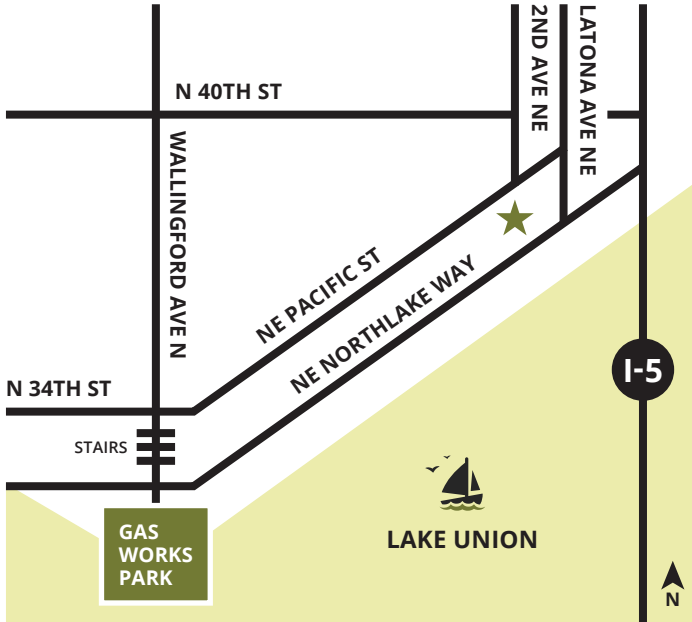
PHYSICIAN SIGNATURE

DATE



stride  
PHYSIO

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### DIRECTIONS FROM I-5 SOUTHBOUND

- Take 45th St exit (#169)
- At stop light continue straight ahead
- Head South on 5th Ave NE (which parallels I-5)
- Turn right on NE 42nd St
- Turn left on 2nd Ave NE
- Turn left on NE Pacific St
- Turn right on Latona Ave NE
- Turn right on NE Northlake Way

### DIRECTIONS FROM I-5 NORTHBOUND

- Take 45th St exit (#169)
- Exit on 7th Ave NE, staying in left-hand lane
- Turn left on NE 45th St, heading West
- Take first left on 5th Ave NE (which parallels I-5)
- Turn right onto NE 42nd St
- Turn left onto 2nd Ave NE
- Turn left on NE Pacific St
- Turn right on Latona Ave NE
- Turn right on NE Northlake Way