



# SPINE & SPORTS

## PHYSICAL THERAPY

RELIEVE PAIN. RESTORE FUNCTION. RETURN TO ACTIVITY

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

Diagnosis: \_\_\_\_\_ ICD10: \_\_\_\_\_

\_\_ Evaluate and Treat as Appropriate

### Modalities

- Light Therapy
- Ultrasound
- Hot Packs
- Ice massage/packs
- Mechanical Traction
- Transcutaneous electric nerve stimulator (TENS)
- H-Wave
- Paraffin
- Kinesio Taping
- McConnell Taping

### Therapeutic Exercise

- Strength/ROM/Stretching
- Kinetic/Therapeutic Activities
- Home Exercise Program
- Sports Performance

Precautions/Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Physician's Signature M.D. DATE

### Manual Therapy

- PROM/AAROM
- Soft/Deep Tissue Massage
- Joint Mobilization
- ART (Active Release Technique)
- Graston Technique
- Myofascial Decompression (Cupping)
- GPMV'S (Grade 5 Mobilization)

### Neuromuscular Re-Education

- Balance/Gait Training
- PNF (Proprioceptive Neuromuscular Facilitation)

### Miscellaneous

- Orthotics Fit/Training
- Ergonomic Assessment
- Work Well
- TMJ (Temporomandibular Joint Disorder)
- Lymphedema Rehabilitation
- Pitchers First

### Treatment Frequency and Duration

\_\_\_\_\_ Times a week x \_\_\_\_\_ Weeks

### CONCORD

2600 Stanwell Drive, Ste. 104  
Concord, CA 94520  
(925) 686-5400

### DUBLIN

6759 Sierra Court, Ste. A  
Dublin, CA 94568  
(925) 803-0530

### LIVERMORE

2492 Nissen Drive  
Livermore, CA 94551  
(925) 980-8130