

# Arrowhead

## PHYSICAL THERAPY & SPORTS MEDICINE

Where Healthcare Becomes **Personal** Care.

[www.arrowheadphysicaltherapy.com](http://www.arrowheadphysicaltherapy.com)

719-B Clinton Parkway  
Clinton, MS 39056  
Telephone: 601-924-7828  
Fax: 601-924-3979

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

Precautions: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week for \_\_\_\_\_ weeks.

## EVALUATE & TREAT

### Therapeutic Exercise

- Passive ROM
- Active ROM
- Active Assisted ROM
- Progressive Resistive Exercise
- Strengthening
- Stabilization Program
- Posture/Body Mechanics
- Gait Training
- Home Exercise Program

### Manual Therapy

- Soft Tissue Mobilization
- Joint Mobilization
- Myofascial Mobilization

### Post Operative Rehabilitation Protocol for \_\_\_\_\_

Date of Surgery \_\_\_\_\_

### Neuromuscular Re-education

- Balance/Proprioceptive Training

### Modalities

- Moist Heat
- Ice
- Ultrasound
- Phonophoresis
- Iontophoresis
- Electrical Stimulation
- Mechanical Traction

### Sports Specific Training

Other \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_

The above plan of care is established and will be reviewed every 30 days.  
I certify the medical necessity of therapy.

Physician's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**DO NOT EMAIL PRESCRIPTION** The electronic prescription form is provided for your convenience. With respect to responding to this form, please do not send the prescription via email. Please populate, print and sign a hardcopy that may be faxed, mailed or hand delivered to the clinic.

# Arrowhead

PHYSICAL THERAPY & SPORTS MEDICINE

Where Healthcare Becomes **Personal** Care.

[www.arrowheadphysicaltherapy.com](http://www.arrowheadphysicaltherapy.com)

719-B Clinton Parkway

Clinton, MS 39056

Telephone: 601-924-7828

Fax: 601-924-3979



## JUST A REMINDER:

- Please bring this referral slip with you on your first visit.
- Please arrive 15 minutes before your scheduled appointment to complete the necessary paperwork.
- The evaluation (1st visit) usually lasts 1 hour.

## WHAT TO WEAR:

- Please wear comfortable clothing including T-shirts, shorts/sweatpants and gym shoes.