



# Providence Orthopedic Physical Therapy

**Central Point**  
870 S. Front Street, Suite 200  
Central Point, Oregon 97502  
t: 541.732.8281  
f: 541.732.8207

**Eagle Point**  
155 Alta Vista Road  
Eagle Point, Oregon 97524  
t: 541.826.3052  
f: 541.732.3952

**Medford**  
1111 Crater Lake Avenue  
Medford, Oregon 97504  
t: 541.732.6619  
f: 541.732.5873

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

Diagnosis \_\_\_\_\_ ICD-9 Code \_\_\_\_\_

Precautions \_\_\_\_\_ Wt. Bearing Status \_\_\_\_\_

Frequency \_\_\_\_\_ times per week for \_\_\_\_\_ weeks, or \_\_\_\_\_ visits.

Specific instructions \_\_\_\_\_

Treatment goals \_\_\_\_\_

Date of follow-up appointment with physician: \_\_\_\_\_

**Evaluate and Treat**

Evaluate and contact physician

**Manual Therapy**

- Joint Mobilization       Manipulation
- Myofascial Release       Soft Tissue Mobilization
- Trigger Point Therapy
- Other \_\_\_\_\_

**Therapeutic Exercise**

- PROM                       AAROM
- AROM                       PRE
- Flexibility/Stretching
- Dynamic Spinal Stabilization

**Specialty Programs**

- Pilates-Based Rehab       AAROM
- Shoulder Rehab             PRE
- THR Protocol               Arthritis Rehab
- TKR Protocol
- Aquatic Therapy (Medford only)
- Pelvic Floor Dysfunction (Medford only)
  - Incontinence
  - Pain
- Lymphedema/Swelling Education/Treatment

**Modalities**

- Home TENS unit, instruct and dispense
- Ultrasound
- Phonophoresis
- Iontophoresis
- Cold Laser
- Electric Stim
- Hot Packs
- Cryotherapy
- Traction
  - Cervical
  - Pelvic
- Gait Training
- Wt. Bearing Status \_\_\_\_\_
- Device \_\_\_\_\_
- Other \_\_\_\_\_

Physician's signature \_\_\_\_\_ Date \_\_\_\_\_