



# ORTHOSPORT PHYSICAL THERAPY

10190 Culver Blvd., • Culver City, CA 90232

Tel: (310) 837-9700 • Fax: (310) 837-9701

www.orthosportpt.net

R

## PRESCRIPTION FORM

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

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

Precautions/Contraindications: \_\_\_\_\_

Frequency: \_\_\_\_\_ Duration: \_\_\_\_\_

Physician: \_\_\_\_\_

### EVALUATION & TREATMENT

#### HEAT

- ☐ Hydrocollator Packs
- ☐ Ultrasound
- ☐ Paraffin

#### TRACTION

- ☐ Cervical
- ☐ Lumbar
- ☐ Manual
- ☐ Home Instructions

#### MANUAL THERAPY

- ☐ Myofascial Release
- ☐ Joint Mobilization
- ☐ PNF (proprioceptive neuromuscular facilitation)
- ☐ Muscle Energy

#### CRYOTHERAPY

- ☐ Ice Massage
- ☐ Cold Pack
- ☐ Spray & Stretch

#### HYDROTHERAPY

- ☐ Whirlpool
- ☐ Ultrasound in water

#### ELECTROTHERAPY

- ☐ Microcurrent
- ☐ Interferential current
- ☐ Estim
- ☐ Russian Estim
- ☐ Iontophoresis
- ☐ Phonophoresis

### REHABILITATION

- ☐ Balance Rehab Program
- ☐ Foot & Angle Rehab Program
- ☐ Back Program
- ☐ Knee Program
- ☐ McConnell Patellar Taping
- ☐ Neck Program
- ☐ Shoulder Program
- ☐ Elbow Program
- ☐ Gait/Crutch Training
- ☐ CVA Rehab Program
- ☐ ROM: Active/Assisted Passive/Resistive
- ☐ Biofeedback
- ☐ Preoperative Programs
- ☐ Postoperative Programs
- ☐ Home Exercise Program
- ☐ TMJ Treatment

### ACUPUNCTURE

- ☐ Acupuncture Program
- ☐ Acupressure Program

### HAND THERAPY PROGRAM

- ☐ ROM: Active/Assisted/Passive
- ☐ Strengthening
- ☐ Desensitization
- ☐ Edema Management
- ☐ Scar Modification
- ☐ Joint Protection
- ☐ Energy Conservation

PHYSICIANS SIGNATURE \_\_\_\_\_