

## PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Vestibular Training
- Aquatic Rehab
- Other \_\_\_\_\_

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Frequency: \_\_\_\_\_ X per week for \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

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

Cape Cod Rehab Physical Therapy for

# KNEE PAIN



**Cape Cod Rehab**

Physical Therapy & Fitness

*"Getting you back on your feet and into the game!"*

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

### THREE CONVENIENT LOCATIONS

#### Mashpee

800 Route 28  
(508) 477-4800 phone

#### Osterville

1336 Main Street  
(508) 420-3535 phone

#### Hyannis

735 Attucks Lane  
(508) 778-5000 phone

Most Insurances Accepted

Open Saturdays

Early AM/Evening Appointments

Doctoral Trained/Board Certified

Fitness/Wellness Programs



Recover your quality of life  
without drugs, side effects or surgery.  
Physical therapy is the clear choice!

We accept referrals from any physician.  
Most insurance plans are accepted.  
Please give us a call for more information.

Choose Cape Cod Rehab Physical Therapy to relieve

# KNEE PAIN

Recover your quality of life



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Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

## Conditions we have successfully treated:

- Arthritis
- Chondromalacia
- Patellofemoral Pain
- Ligament Sprains
- ACL Injuries
- Tendonitis/Bursitis
- Tendon/Muscle Strains
- IT Band Syndrome
- Post Surgical Conditions

## What are my treatment options?

- Drugs
- Epidural Injections
- Corticosteroid Injections
- Physical Therapy\*

## Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research\*
- Customized to treat the underlying cause

## Your Recovery Process:

- Pain relief
- Recovery of knee motion
- Recovery of strength
- Functional/sports retraining

## Components of Your Care:

- A thorough biomechanical evaluation
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Progressive strength training
- Balance and muscular re-education
- Taping to improve function and stability
- Aquatic Therapy

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

If you're ready for relief,  
and tired of "masking" your pain,  
treat the cause, not just the symptoms!

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Physical Therapy & Fitness

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\*Cited from the academic journal, Clinical Biomechanics, Aug. 2006