

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

NECK PAIN



Cape Cod Rehab

Physical Therapy & Fitness

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

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.

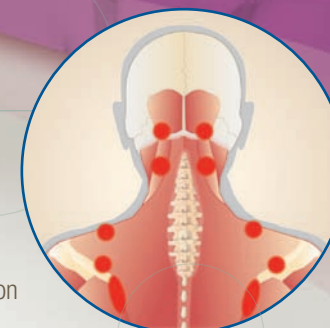
Choose Cape Cod Rehab Physical Therapy to relieve

NECK 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:

- Whiplash
- Acute pain
- Sprains/Strains
- Chronic neck pain*
- Arthritis (spondylosis)
- Post Surgical Fusion
- Degenerative Disc Disease
- Pinched Nerves (Radiculopathy)

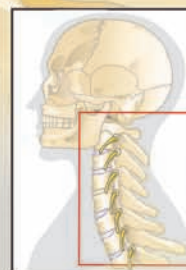
What are my treatment options?

- Drugs
- Epidural Injections
- Surgery
- **Physical Therapy***

Advantages of Physical Therapy:

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

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



Your Recovery Process:

- Pain relief is priority number one
- Recovery of any lost neck motion
- Neck stabilization techniques
- Recovery of functional movement
- Independent care

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- 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
- Dynamic or static neck traction
- Targeted stretching for tight muscles
- Individualized posture retraining
- Core neck stabilization techniques

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.



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*Cited from the academic journal, Cochrane Database of Systematic Reviews 2004