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:

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



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

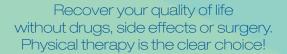
Osterville 1336 Main Street (508) 420-3535 phone

Hyannis 735 Attucks Lane (508) 778-5000 phone

Most Insurances Accepted Open Saturdays Early AM/Evening Appointments Doctoral Trained/Board Certified Fitness/Wellness Programs

Cape Cod Rehab Physical Therapy for





Recover your quality of life

ANKLE/



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: Achilles tendonitis

- Ankle pain
- Shin splints
- Ankle sprains
- Plantar fasciitis
- Excessive pronation
- Post surgical conditions
- Tibialis posterior tendonitis

What are my treatment options?

- Drugs
- Corticosteroid Injections
- Surgery
- 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 mobility or stability
 - Increased strength
 - Recovery of walking and functional skills
 - Return to independence

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
- Targeted stretching for tight muscles
- Walking retraining
- Balance exercises
- Shoe inserts (orthotic recommendations)

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.

Cape Cod Rehab Physical Therapy & Fitness

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*Cited from the academic journal, JBJS (American). 2006;88; Am J Sports Med 1998 May; 26(3)

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