



Physical Therapy

420 Lexington Ave. Suite #233, New York, NY 10170
Between 43rd and 44th St.
(P) 212-697-3438
(F) 212-697-5983

www.grandcentralpt.net

Conveniently located in the Graybar Building, adjacent to Grand Central Terminal.

DATE _____

PATIENT'S NAME _____ AGE _____

REFERRING PHYSICIAN _____ PHONE (____) _____ - _____

DIAGNOSIS:	ICD-9:
_____	_____
1 2 3 4 5 X WEEK for 1 2 3 4 5 6 7 8 WEEKS	

SPECIAL INSTRUCTIONS:

MODALITIES

- Ultrasound
- Phonophoresis
- Iontophoresis
 - Dexamethasone dosage _____
- Hot packs
- Cold packs/Cryotherapy
- Electrical stimulation
 - TENS
 - HiVolt
 - NMES

THERAPEUTIC EXERCISE

- PROM
- AAROM
- AROM
- PRE's
- Scapular stabilization exercises
- Lumbar stabilization exercises
- Stretches
- McKenzie extension exercises
- Williams' flexion exercises
- Proprioceptive exercises
- Agility exercises
- Plyometrics

EXERCISE MACHINES

- Treadmill
 - Walking
 - Running
- Stationary bicycle
- Recumbent bicycle
- Elliptical machine

THERAPEUTIC ACTIVITIES

- Neuromuscular re-education
- Gait Training
- Posture Re-education
- Body Mechanics Instruction
- Home Exercise Program
- McConnell Taping

CUSTOM ORTHOTICS

JOINT MOBILIZATION

SOFT TISSUE MOBILIZATION

TRACTION

- Cervical
- Lumbar
- Manual
- Mechanical

REFERRING PHYSICIAN SIGNATURE _____