

PHYSICAL THERAPY SPECIALISTS CLINIC, INC.

Mary Sheid, PT, OCS, Cred. MDT - Owner

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PHYSICAL THERAPISTS

Mary Sheid, PT, OCS, CMTD
Vallie Rogers, PT, Dip. MDT
Elizabeth Bisoux, MPT, CLT
Richard Byrum, PT
John Tollenaar, PT
Cynthia Badolian, PTA
Tammy Barks, PTA

Lymphedema Therapist
Elizabeth Bisoux, MPT, CLT

LSVT BIG
Elizabeth Bisoux, MPT, CLT

ATHLETIC TRAINERS
CERTIFIED

Vince Beam, ATC, CSCS
Chris Green, ATC, CSCS
Terricka Stewart, ATC
Jessica Wilkinson, MS, ATC, CSCS
Andy Wilkinson, MS, ATC

A Certified McKenzie Clinic

___ Physical Therapy Referral

___ Sport Medicine Athletic Training Referral

___ Lymphedema Referral

___ Vestibular Rehab Referral

___ LSVT BIG Referral

Patient Name: _____ Date: _____

Diagnosis: _____ Date of Birth: _____

Precautions: _____

Weight Bearing: ___(R) ___(L) ___NWB ___TWB ___%WB

___ **EVALUATE AND TREAT** _____ x week # of weeks _____

___ **OTHER:** _____

Evaluations

- ___ 4 hour Functional Capacity Eval.
- ___ 2 hour Functional Capacity Eval.
- ___ FMS Test-Global Test/Sports
- ___ MedX Evaluation
- ___ Vestibular/Balance Evaluation
- ___ Visual/Perceptual Evaluation
- ___ Work Hardening Evaluation
- ___ *McKenzie Spine Evaluation*
- ___ *MedX - Lumbar/Cervical*

Modalities

- ___ Anodyne/Infra-Red Therapy
- ___ Cryotherapy
- ___ Electrical Stimulation
- ___ Iontophoresis
- ___ Massage/Myofascial Release
- ___ Moist Heat
- ___ Paraffin Bath
- ___ Phonophoresis
- ___ Traction - Pelvic/Cervical
- ___ Ultrasound
- ___ Whirlpool/Contrast Bath

Miscellaneous

- ___ Body Mechanics Training
- ___ Energy Conservation
- ___ Increase/Decrease Sensitivity
- ___ Joint Protection
- ___ Lymphedema Management
- ___ Sensory Integration
- ___ TENS Unit

Gait Training

Assistive Devices:

- ___ Cane
- ___ Crutches
- ___ Quad Cane
- ___ Walker
- ___ Other

Exercises

- ___ Isometric Strengthening
- ___ Joint Mobilization/Manual Therapy
- ___ Neuromuscular re-education
- ___ Progressive Resistive Exercises
- ___ Range of Motion (circle one)
active / active assistive / passive
- ___ Swim Ex - Aquatic Therapy

Date Patient is to return to Physician: _____

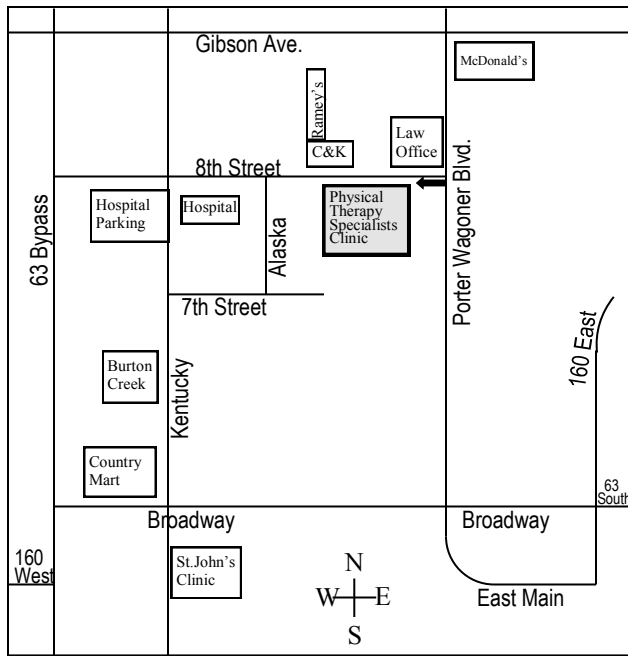
Date Patient is to return to work: _____

Physician's Signature:

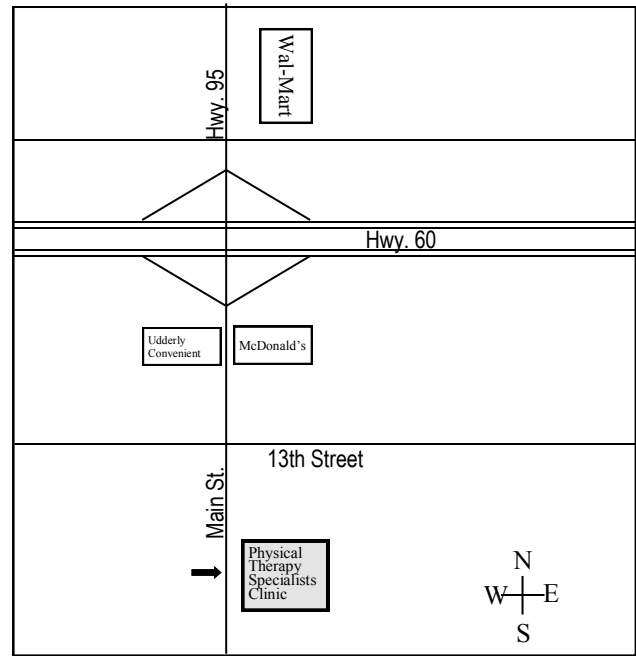
(Print Physician's Name)

"Dedicated to Great Results."

West Plains, 1480 W. 8th Street



Mountain Grove, 1206 N. Main St.



FCE = Functional Capacity Evaluation. A 4- or 8-hour objective test used to determine a patient's physical ability to perform job related tasks.

Iontophoresis = Modality that uses constant direct current to deliver the ions of different topical medications through and into the skin.

McKenzie Spine Evaluation = A manual spine assessment and treatment protocol, emphasizing patient self-care.

MedX = Computerized equipment used for testing flexion/extension range of motion and strength of the cervical or lumbar spine and isolated strengthening of the extensor muscles.

Phonophoresis = The use of ultrasound to deliver topical medication into the skin.

SwimEx = Heated aquatic therapy pool that can produce a gently flowing current for resistance purposes. Hydraulic lift chair available.

TENS unit = Transcutaneous Electrical Nerve Stimulation unit used for pain control.

Work Hardening = Program of work simulated tasks and exercises performed under controlled supervision.