

# PHYSICIAN REFERRAL

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

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

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

- Evaluate and Treat
- Joint Mobilization
- Soft Tissue Mobilization/MFR
- Therapeutic Exercise
- Cervical and/or Lumbar Traction
- E-stim, Ultrasound, Ionto, Phono
- Other \_\_\_\_\_

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

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

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

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

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

**Balance Physical Therapy**  
Blanco Circle (831) 422-4782  
Harden Parkway (831) 442-7110



Your Recovery is Our Passion!  
[www.balancept.com](http://www.balancept.com)

**Manual Therapy  
Therapeutic Exercise  
Patient Education  
Results**

Most Insurances Accepted  
Same-day Appointments Available  
See your **D**octor of **P**hysical **T**herapy every visit

### Two Convenient Locations:

**South Salinas - Blanco Circle**  
947 Blanco Circle, Suite B  
Salinas, CA 93901  
Phone: (831) 422-4782  
Fax: (831) 422-4784

**North Salinas - Harden Parkway**  
160 Harden Parkway, Suite 101  
Salinas, CA 93906  
Phone: (831) 442-7110  
Fax: (831) 442-2958

Physical Therapy for  
**ANKLE/FOOT  
PAIN**



Restore your quality of life  
at Balance Physical Therapy!

Balance Physical Therapy to relieve

# ANKLE/FOOT PAIN

Your recovery is our passion!



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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:

- Ankle pain
- Shin splints
- Ankle sprains
- Plantar fasciitis
- Achilles tendonitis
- 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
- 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
- Targeted stretching for tight muscles
- Walking retraining
- Balance exercises
- Shoe inserts (orthotic recommendations)

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

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.

Through the application of highly skilled manual therapy, therapeutic exercise, and patient education, we form a team with our patients and are committed to returning them to an active lifestyle.



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