

## 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) 442-2358

Physical Therapy for  
**ARTHRITIS**  
**PAIN**



Restore your quality of life  
at Balance Physical Therapy!

Balance Physical Therapy to relieve

# ARTHRITIS PAIN

Your recovery is our passion!

[www.balancept.com](http://www.balancept.com)

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:

- Joint pain
- Osteoarthritis
- Rheumatoid arthritis
- Knee arthritis
- Hip arthritis
- Shoulder arthritis
- Hand arthritis

## 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

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.

## Your Recovery Process:

- Recovery of joint motion
- Recovery of strength
- Pain relief
- Improved function
- Independent care

## Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Effective joint mobilization techniques to decrease joint stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Progressive strength training
- Balance and functional re-education

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.

## Balance Physical Therapy

Blanco Circle (831) 422-4782

Harden Parkway (831) 442-7110

[www.balancept.com](http://www.balancept.com)

\* Physical therapy techniques are recommended for arthritis of the knee, hip, shoulder, and hand. Physical Therapy 2005 85: 907-971; Physical Therapy 2004 84: 934-972