

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

**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
BACK PAIN



Restore your quality of life
at Balance Physical Therapy!

Balance Physical Therapy to relieve
BACK PAIN

Your recovery is our passion!

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:

- Acute pain
- Sciatica
- Chronic pain
- Sprains/strains
- Arthritis (spondylosis)
- Degenerative disc disease
- Herniated, ruptured disc
- Pinched nerves (radiculopathy)
- Post surgical laminectomy/fusion
- Spondylolisthesis
- Spondylolysis

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:

- Pain relief
- Recovery of lost trunk motion
- Progressive trunk stabilization
- Progressive recovery & retraining
- 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
- Repeated movements to centralize pain
- Effective joint mobilization techniques to decrease pain & stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Dynamic or static pelvic traction
- Targeted stretching for tight muscles

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

* Physical therapy techniques have been proven effective for both acute and chronic back pain. *Annals of Internal Medicine*, Vol 141 (12), 2004 and Vol 142 (5), 2005.

