

## 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

Physical Therapy for  
**ELBOW/WRIST  
PAIN**



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**  
100 Harden Parkway, Suite 101  
Salinas, CA 93906  
Phone: (831) 442-7110  
Fax: (831) 442-2358



Restore your quality of life  
at Balance Physical Therapy!

# Balance Physical Therapy to relieve ELBOW/WRIST 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:

- Tendonitis
- Carpal Tunnel Syndrome
- Tennis/Golfer's Elbow
- Overuse Injuries
- Wrist Fractures/Breaks
- Nerve Injuries/Entrapment
- Arthritis\*

## 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

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
- Activity Modification
- Recovery of mobility/stability
- Increased strength
- Improved function
- Independent care

## Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- Ergonomic Advice/Activity Modification
- 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
- OTC or Custom Splinting/Bracing as needed

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

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\*Cited from the academic journal, Journal of Hand Therapy, 2007, 20(3), 244-250

