

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
**SHOULDER
PAIN**



Restore your quality of life
at Balance Physical Therapy!

Balance Physical Therapy to relieve

SHOULDER 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.

Common Shoulder Ailments:

- Impingement*
- Rotator cuff tear
- Instability
- Fracture/trauma
- Frozen shoulder
- Tendinopathy
- Arthritis

What are my treatment options?

- Drugs
- 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
- Restoration of normal movement
- Recovery of function
- Independent care

Components of Your Care:

- A biomechanical evaluation
- Custom treatment plan
- Extensive patient education
- Hands-on techniques to relax the muscles and recover mobility
- Stretching for tight muscles
- Strengthening of weak muscles
- Mobilization of stiff joints
- Modalities such as ice, heat, ultrasound or electrical stimulation

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.

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* Physical therapy has been proven to be as effective as surgery. Ann Rheum Dis. 2005 May;64(5)