

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Vestibular Training
- Aquatic Rehab
- Other _____

COMMENTS: _____

Frequency: _____ X per week for _____ weeks

Signature: _____

Date: _____

Cape Cod Rehab Physical Therapy for

ANKLE/FOOT PAIN



Cape Cod Rehab

Physical Therapy & Fitness

"Getting you back on your feet and into the game!"

www.capecodrehab.com

THREE CONVENIENT LOCATIONS

Mashpee

800 Route 28
(508) 477-4800 phone

Osterville

1336 Main Street
(508) 420-3535 phone

Hyannis

735 Attucks Lane
(508) 778-5000 phone

Most Insurances Accepted

Open Saturdays

Early AM/Evening Appointments

Doctoral Trained/Board Certified

Fitness/Wellness Programs



Recover your quality of life
without drugs, side effects or surgery.
Physical therapy is the clear choice!

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

Choose Cape Cod Rehab Physical Therapy to relieve

ANKLE/FOOT PAIN

Recover your quality of life



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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
- Return to independence

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)

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.

If you're ready for relief,
and tired of "masking" your pain,
treat the cause, not just the symptoms!



Cape Cod Rehab
Physical Therapy & Fitness

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