

## 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 BACK PAIN



## Cape Cod Rehab

Physical Therapy & Fitness

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

[www.capecodrehab.com](http://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

# BACK 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:

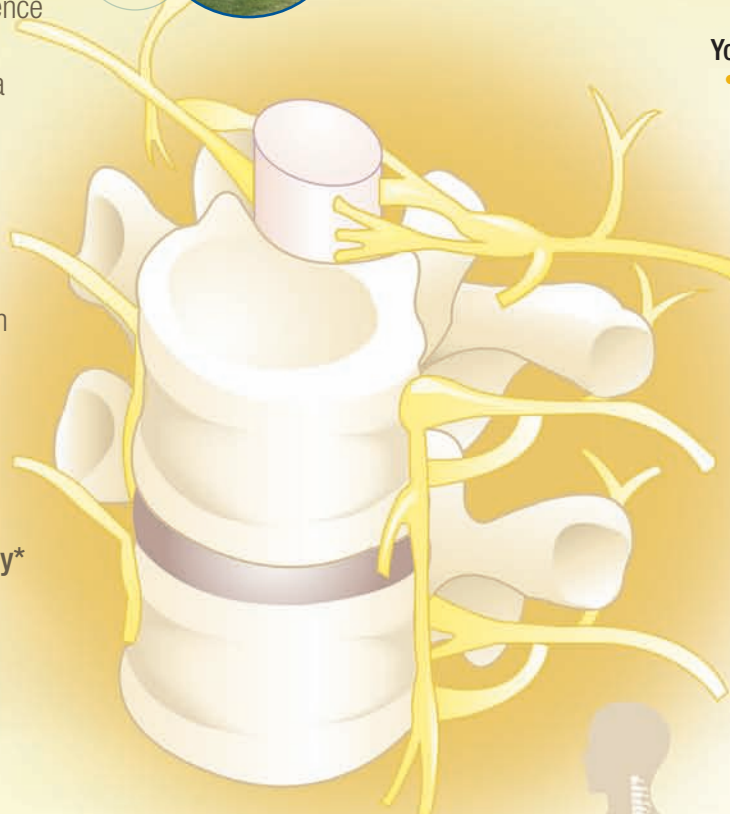
- Acute pain
- Sciatica
- Chronic pain
- Sprains/strains
- Arthritis (spondylosis)
- Degenerative disc disease
- Herniated, ruptured disc
- Pinched nerves (radiculopathy)
- Post surgical laminectomy/fusion
- Spondylolisthesis
- Spondylolysis
- Spinal Stenosis

### 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



### Your Recovery Process:

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

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!



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\* 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.