

PerformancePro Sports Medicine & Rehabilitation

4135 S. Broadway Ave. • Tyler, TX 75701 Office: 903-581-8662 • Fax: 903-581-7808

Brandon Adkison, PT, DPT

**Clinic Director / Physical Therapist** 

Patient Name:	DOB:
Diagnosis:	ICD-10:
Frequency: 1x 2x 3x 4x 5x per week.	Duration: 1 2 3 4 weeks.
Evaluate & Treat	Continue PT Treatment
<ul> <li>Therapeutic Exercise</li> <li>Passive ROM</li> <li>Active ROM</li> <li>Active Assisted ROM</li> <li>Progressive Resistive Exercise</li> <li>Strengthening</li> <li>Spine Stabilization</li> <li>Posture/Body Mechanics</li> <li>Gait Training</li> <li>Closed Chain Exercise</li> <li>Patient Education / Home Exercise Program (HEP)</li> <li>Manual Therapy</li> <li>Soft Tissue Mobilization</li> <li>Joint Mobilization</li> <li>Myofascial Release Techniques</li> <li>Muscle Energy Techniques</li> <li>Custom Foot Orthotics</li> </ul>	<ul> <li>Neuromuscular Re-Education</li> <li>Balance / Proprioceptive Training</li> <li>Fall Prevention</li> <li>CVA / Stroke Rehab</li> <li>Total Joint Post-Op Rehab</li> <li>Vestibular Rehab</li> <li>Vestibular Rehab</li> <li>Modalities</li> <li>Moist Heat / Cold Therapy</li> <li>Ultrasound</li> <li>Phonophoresis w/10% Hydrocortisone</li> <li>Iontophoresis Treatment w/ Dexamethasone</li> <li>Electrical Stimulation</li> <li>TENS: RentalPurchase</li> <li>Mechanical Cervical / Lumbar Traction</li> <li>Intermittent Compression Pump (GameReady)</li> <li>Sports Specific Training / Rehab</li> <li>Cancer-Related Fatigue Program</li> <li>Dry Needling Trigger Point Therapy</li> <li>Work Conditioning</li> </ul>
Bracing:	
Other:	
Precautions / Special Instructions:	
I certify the medical necessity of skilled physical therapy interv The above plan of care is established and will be reviewed eve	•

#### **Physician's Signature:**

**DO NOT EMAIL PRESCRIPTION** The electronic prescription form is provided for your convenience. With respect to responding to this form, please do not send the prescription via email. Please populate, print and sign a hardcopy that may be faxed, mailed or hand delivered to the clinic.

Date:



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Targeting Mobility • Improving Lives



### **DIRECTIONS:**

- From South Loop 323, Turn North on Broadway Avenue.
- Clinic is located on the left at the corner of Broadway Avenue and Shelley Drive.

### **JUST A REMINDER:**

- Please bring this referral with you on your first visit.
- Please arrive 20 minutes before your scheduled appointment to complete the necessary paperwork.
- The evaluation (1st visit) usually lasts 1 hour.

### WHAT TO WEAR:

• Please wear comfortable clothing including T-shirts, shorts/sweatpants and gym shoes.

PerformancePro Sports Medicine & Rehab is featured on

# PTandMe.com

An informational site for patients interested in or considering physical, occupational, and/or hand therapy.