

# PHYSICAL THERAPY SPECIALISTS CLINIC, INC.

Mary Sheid, PT, OCS, Cred. MDT - Owner

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## PHYSICAL THERAPISTS

Mary Sheid, PT, OCS, CMDT  
Vallie Rogers, PT, Dip. MDT  
Elizabeth Bisoux, MPT, CLT  
Josh Drummond, DPT, ATC  
Tammy Barks, PTA  
John Paul Miller, PTA  
Cynthia Badolian, PTA

## OCCUPATIONAL THERAPISTS

Stacey C. Teeple, OTD, OTR/L  
Missy Dugger, MS, OTR/L, CLT  
Doris Lenihan, COTA

## Lymphedema

Missy Dugger, MS, OTR/L,  
CLT  
Elizabeth Bisoux, MPT,  
CLT

## ATHLETIC TRAINERS

### CERTIFIED

Vince Beam, ATC, CSCS  
Josh Drummond, DPT, ATC  
Chris Green, ATC, CSCS  
Jim Taylor, ATC, CEAS

\_\_\_ Physical Therapy Referral    \_\_\_ Occupational Therapy Referral    \_\_\_ Lymphedema Referral    \_\_\_ Sports Medicine/  
Athletic Training Referral

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Precautions: \_\_\_\_\_

Weight Bearing: \_\_\_(R) \_\_\_(L) \_\_\_NWB \_\_\_TWB \_\_\_%WB

\_\_\_ **EVALUATE AND TREAT** \_\_\_\_\_ x week # of weeks \_\_\_\_\_

\_\_\_ **OTHER:** \_\_\_\_\_

### Evaluations

\_\_\_ Back School  
\_\_\_ Development Assessment  
\_\_\_ FCE—Functional Capacity Eval.  
\_\_\_ Home/Safety Assessment  
\_\_\_ McKenzie Spine Evaluation  
\_\_\_ MedX Evaluation  
\_\_\_ Sports Injury Assessment  
\_\_\_ Visual/Perceptual Evaluation  
\_\_\_ Work Hardening Evaluation

### Miscellaneous

\_\_\_ Adaptive Equipment  
\_\_\_ Body Mechanics Training  
\_\_\_ Brace \_\_\_\_\_  
\_\_\_ Energy Conservation  
\_\_\_ Increase/Decrease Sensitivity  
\_\_\_ Joint Protection  
\_\_\_ Lymphedema Management  
\_\_\_ Orthoses  
\_\_\_ Sensory Integration  
\_\_\_ TENS Unit  
\_\_\_ UE Splinting  
Specifics: \_\_\_\_\_  
\_\_\_\_\_

### Exercises

\_\_\_ Biofeedback  
\_\_\_ Cardiovascular Conditioning  
\_\_\_ Isometric Strengthening  
\_\_\_ Joint Mobilization/Manual Therapy  
\_\_\_ MedX - Lumbar/Cervical  
\_\_\_ Neuromuscular re-education  
\_\_\_ Progressive Resistive Exercises  
\_\_\_ Range of Motion (circle one)  
active / active assistive / passive  
\_\_\_ Swim Ex - Aquatic Therapy  
\_\_\_ Work Simulation

### Modalities

\_\_\_ Anodyne/Infra-Red Therapy  
\_\_\_ Cryotherapy  
\_\_\_ Electrical Stimulation  
\_\_\_ Iontophoresis  
\_\_\_ Massage/Myofascial Release  
\_\_\_ Moist Heat  
\_\_\_ Paraffin Bath  
\_\_\_ Phonophoresis  
\_\_\_ Traction - Pelvic/Cervical  
\_\_\_ Ultrasound  
\_\_\_ Whirlpool/Contrast Bath

### Gait Training

Assistive Devices:  
\_\_\_ Cane  
\_\_\_ Crutches  
\_\_\_ Quad Cane  
\_\_\_ Walker  
\_\_\_ Other

Date Patient is to return to Physician: \_\_\_\_\_

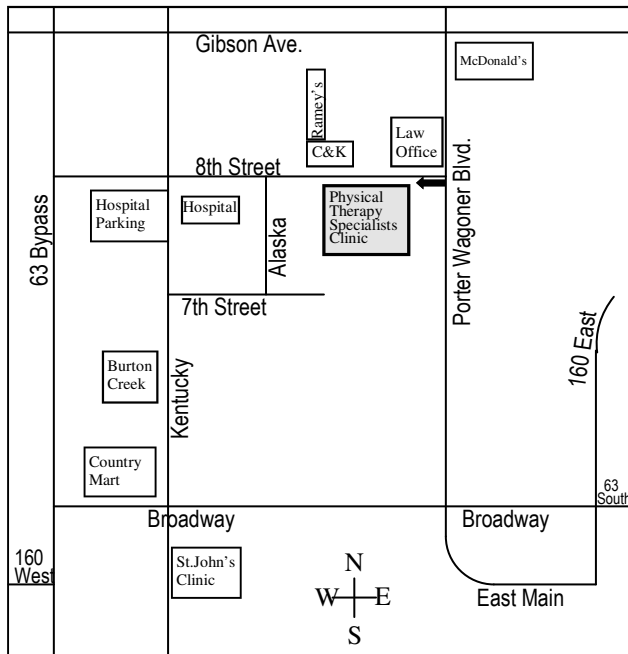
Date Patient is to return to work: \_\_\_\_\_

**Physician's Signature:** \_\_\_\_\_

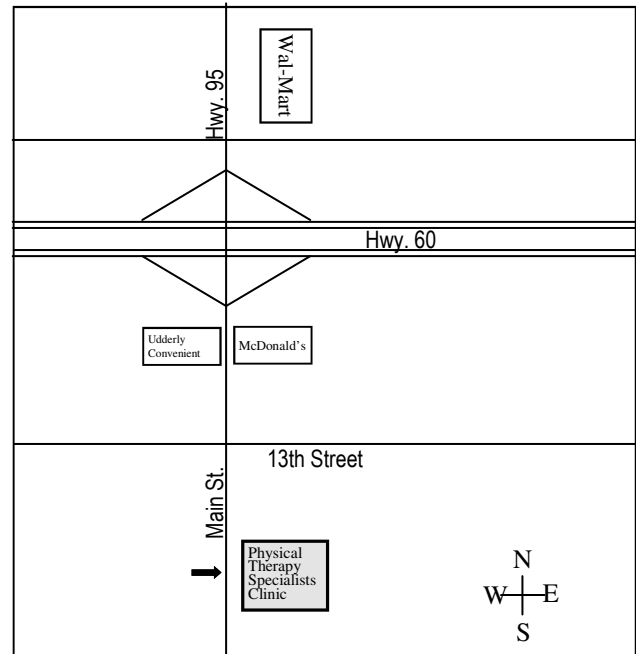
\_\_\_\_\_  
(Print Physician's Name)

*"Greater Dedication. Greater Results."*

### West Plains, 1480 W. 8th Street



### Mountain Grove, 1200 N. Main St.



**Anodyne Therapy** = Modality that provides near infrared photo energy. FDA approved for increasing sensation, reducing pain, and speeding wound healing by stimulating blood flow to extremities.

**FCE** = Functional Capacity Evaluation. A 4- or 8-hour objective test used to determine a patient's physical ability to perform job related tasks.

**Iontophoresis** = Modality that uses constant direct current to deliver the ions of different topical medications through and into the skin.

**McKenzie Spine Evaluation** = A manual spine assessment and treatment protocol, emphasizing patient self-care.

**MedX** = Computerized equipment used for testing flexion/extension range of motion and strength of the cervical or lumbar spine and isolated strengthening of the extensor muscles.

**Phonophoresis** = The use of ultrasound to deliver topical medication into the skin.

**SwimEx** = Heated aquatic therapy pool that can produce a gently flowing current for resistance purposes. Hydraulic lift chair available.

**TENS unit** = Transcutaneous Electrical Nerve Stimulation unit used for pain control.

**Work Hardening** = Program of work simulated tasks and exercises performed under controlled supervision.