

# North County Water and Sports Therapy Center Referral for Physical Therapy

15373 Innovation Dr. Suite 175  
San Diego, CA 92128

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

Diagnosis: \_\_\_\_\_

Precautions/Comments: \_\_\_\_\_

- Evaluation and Treatment
- Exercise
  - Passive ROM
  - Active
  - Resistive/Strengthening
- Home Exercise
- Aquatic Therapy
- Soft Tissue Mobilization/Massage



- Modalities
  - Heat
  - Cold
  - Ultrasound/Phonophoresis
  - Electrical Stimulation
  - Iontophoresis
- Functional Training
  - Posture/Body Mechanics
  - Spine Stabilization
  - Gait Training
  - Closed Kinetic Chain/Balance/Proprioception
  - Sport Specific
  - Conditioning

Frequency: \_\_\_\_\_/week

Duration: \_\_\_\_\_ week

Physician Signature: \_\_\_\_\_