



Enfield Health &
Wellness Center

Physical Therapy Referral

www.enfieldhealth.com

Patient Name: _____

Date: _____

Diagnosis: _____

Evaluate & Treat

MODALITIES

- Heat / Ice
- Ultrasound
- E-stim / TENS
- Iontophoresis
- Mechanical Traction

REDUCE PAIN/SPASM

- Soft Tissue Massage/
Deep Friction Massage
- Myofascial Therapy
- Manual Therapy
- Graston Technique

RESTORE MOTION

- PROM
- AAROM
- AROM
- Joint Mobilization

FREQUENCY: _____ X / WEEK

DURATION: _____ WEEKS

RE-CHECK: _____ WEEKS

INCREASE STRENGTH

- Isometric Exercise
- Isotonic Exercise
- Progressive Resistive Exercise
- Aerobic Exercise
- Functional Exercise
- Core Stabilization

GAIT TRAINING

- Non-Weight Bearing
- Partial _____ lbs.
- Full As Tolerated

VESTIBULAR REHABILITATION

HOME EXERCISE PROGRAM

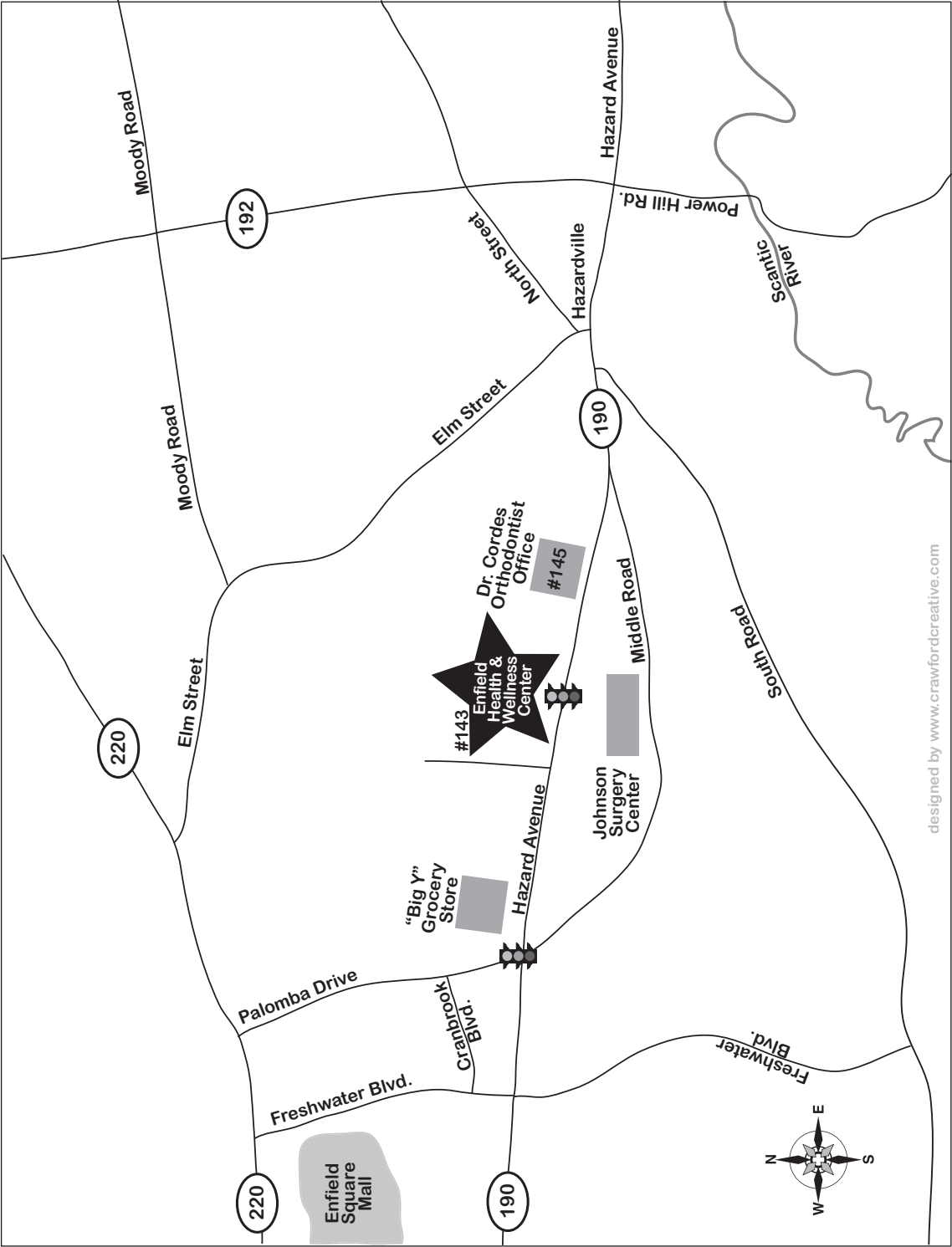
LYMPHEDEMA THERAPY

Special Instructions/Precautions: _____

Physician Signature

143 Hazard Ave. • Enfield, CT 06082 • TEL: 860.763.2225 • FAX: 860.763.3161

Simply follow the map for physical therapy at
Enfield Health & Wellness Center. Call 860.763.2225
now to schedule your appointment.



143 Hazard Ave. • Enfield, CT 06082