

Patient Name: _____ Date: _____

Patient Phone Number: _____

Diagnosis: _____

Frequency/Duration: _____ times per week for _____ weeks

TREATMENTS:

- PAIN MANAGEMENT
- ROM/FLEXIBILITY
- STRENGTHENING
- JOINT MOBILIZATION
- SOFT TISSUE MOBILIZATION
- GAIT TRAINING
- BALANCE TRAINING SPORTS
- REHABILITATION
- AGILITY/PLYOMETRIC TRAINING
- WORK CONDITIONING
- BODY MECHANICS
- HOME/GYM EXERCISE PROGRAM
- MODALITIES AS NEEDED

SPECIAL SERVICES:

- CLASS IV DEEP TISSUE LASER THERAPY
- VESTIBULAR/EQUILIBRIUM DISORDERS
- NIKE GOLF 360 REHABILITATION PERFORMANCE
- PELVIC FLOOR DYSFUNCTION
- SPORTSMETRICS™ ACL REHABILITATION AND KNEE INJURY PREVENTION

SPECIAL INSTRUCTIONS: _____

Physician Signature

Physician Name

OPTM Physical Therapy of Saratoga



Powered by GOLDEN BEAR PHYSICAL THERAPY

- 12980 Saratoga Ave. Saratoga, 95070 P (408) 973-7700 F (408) 973-1600

Silver Creek Physical Therapy



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- 4205 San Felipe Rd. #100 San Jose, 95132 P (408) 238-1552 F (408) 841-7205
- 121 Bernal Rd. Suite 30 San Jose, 95119 P (408) 227-2141 F (408) 320-0842
- 5600 Mowry School Rd. #305 Newark, 94560 P (510) 651-9258 F (408) 320-0895
- 1395 1st Street, #100 Gilroy, 95020 P (408) 846-6000 F (408) 512-2240
- 500 East Remington Dr. Sunnyvale, 94087 P (408) 389-3600 F (408) 215-4620
- 14103 Winchester Blvd. Suite F Los Gatos, 95032 P (408) 868-5577 F (408) 877-4718

Golden Bear Physical Therapy



- 1916 N. Main Street Salinas, 93906 P (831) 276-0560 F (209) 222-6185
- 1586 Constitution Blvd. Salinas, 93905 P (831) 276-0565 F (209) 222-6185