

# Polaris Physical Therapy



COLUMBUS N. - Polaris  
1120 Polaris Parkway, Suite 202  
Columbus, OH 43240  
Telephone: (614) 433-0264  
Facsimile: (614) 545-0474

## THERAPY PRESCRIPTION

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

Diagnosis: \_\_\_\_\_ ICD-9 Code: \_\_\_\_\_

Physical Therapy  Occupational Therapy  Speech Therapy

### EVALUATE AND TREAT

- Therapeutic Exercise
- AROM
- PROM
- Strengthening/Endurance
- Home Exercise Program
- Lumbar Stabilization
  
- Functional Training
- Gait
- Neuromuscular Re-education
- Posture/Body Mechanics
- ADLs/Work-Related Tasks
- Therapeutic/Functional Activities
- Sports Specific Skills
- Cane/Crutch Training
  
- Manual Therapy
- Massage
- Joint Mobilization
- Desensitization/Nerve Glides

### Modalities

- At Therapist's Discretion
- Electrical Stimulation
- Ultrasound
- Moist Heat/Cold Packs
- Aqua Therapy  Fluidotherapy
- Traction
  - Lumbar  Cervical  Home Unit
- Iontophoresis (4% Dexamethasone)

### Positioning

- Foot Orthotics
- Bracing
- Splinting
- Wheelchair
- Hand Therapy

### Speech Therapy

- Speech/Communication
- Swallow TX

**Restrictions:**  Non Weight Bearing  Partial Weight Bearing  Full Weight Bearing

Special Instructions: \_\_\_\_\_

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

Duration: \_\_\_\_\_ weeks

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

Date: \_\_\_\_\_