



LIGHTING THE WAY  
FOR HEALTH

# WEST TEXAS THERAPY

SUITE 120, LEGENDS PARK MEDICAL OFFICE BUILDING

5615 Deauville Blvd • Midland, TX 79706 • Phone: 432.221.4915 • Fax: 432.221.4917

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

Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

Frequency & Duration: \_\_\_\_\_

☐ **PT Evaluation & Treatment**      ☐ **OT Evaluation & Treatment**      ☐ **Home Exercise Program**

Precautions/Notes: \_\_\_\_\_

☐ **KNEE R / L**

- ☐ Post-Op
  - ☐ Arthroscopy
  - ☐ ACL Reconstruction
  - ☐ TKA
- ☐ ROM
- ☐ Quad Strengthening
- ☐ Stretching Program
- ☐ Sport cord Program
- ☐ \_\_\_\_\_

☐ **HIP R / L**

- ☐ Post-Op
  - ☐ THA / Arthroscopy
  - ☐ Strength
  - ☐ \_\_\_\_\_

☐ **ANKLE R / L**

- ☐ ROM
- ☐ ROM/Joint Mobilization
- ☐ Proprioception
- ☐ \_\_\_\_\_

☐ **SHOULDER R / L**

- ☐ Post-Op
  - ☐ Arthroscopy
  - ☐ RC Repair
  - ☐ SLAP
  - ☐ Bankhart
  - ☐ TSA
- ☐ ROM
- ☐ RC Strengthening
- ☐ Scapular Stabilization
- ☐ \_\_\_\_\_

☐ **ELBOW R / L**

- ☐ ROM
- ☐ Strength
- ☐ Soft Tissue Mobilization
- ☐ \_\_\_\_\_

☐ **WRIST/HAND R / L**

- ☐ ROM/Joint Mobilization
- ☐ Strengthening
- ☐ Soft Tissue Mobilization
- ☐ Orthotic: \_\_\_\_\_
- ☐ \_\_\_\_\_

☐ **SPINE C / T / L**

- ☐ McKenzie Program
- ☐ Traction
- ☐ Manual Therapy (mobs/MFR)
- ☐ Posture Education
- ☐ Trunk Stabilization
- ☐ \_\_\_\_\_

☐ **LYMPHEDEMA PROGRAM**

- ☐ Upper Extremity R / L
- ☐ Lower Extremity R / L
- ☐ Compression Sleeve
- ☐ \_\_\_\_\_

☐ **BALANCE & MOBILITY**

- ☐ Balance Master
- ☐ Gait Training
- ☐ Transfer Training
- ☐ Wheelchair Assessment
- ☐ Vertigo – Canalith Repositioning
- ☐ \_\_\_\_\_

☐ **MODALITIES/PROCEDURES**

- ☐ Kinesiotape
- ☐ \_\_\_\_\_

GOALS: \_\_\_\_\_

PROGNOSIS: \_\_\_\_\_

*Physician's signature below indicates this document serves as an approved Plan of Care and a Letter of Medical Necessity.*

Signature: \_\_\_\_\_ Physician Name: \_\_\_\_\_ Next Dr Appt: \_\_\_\_\_



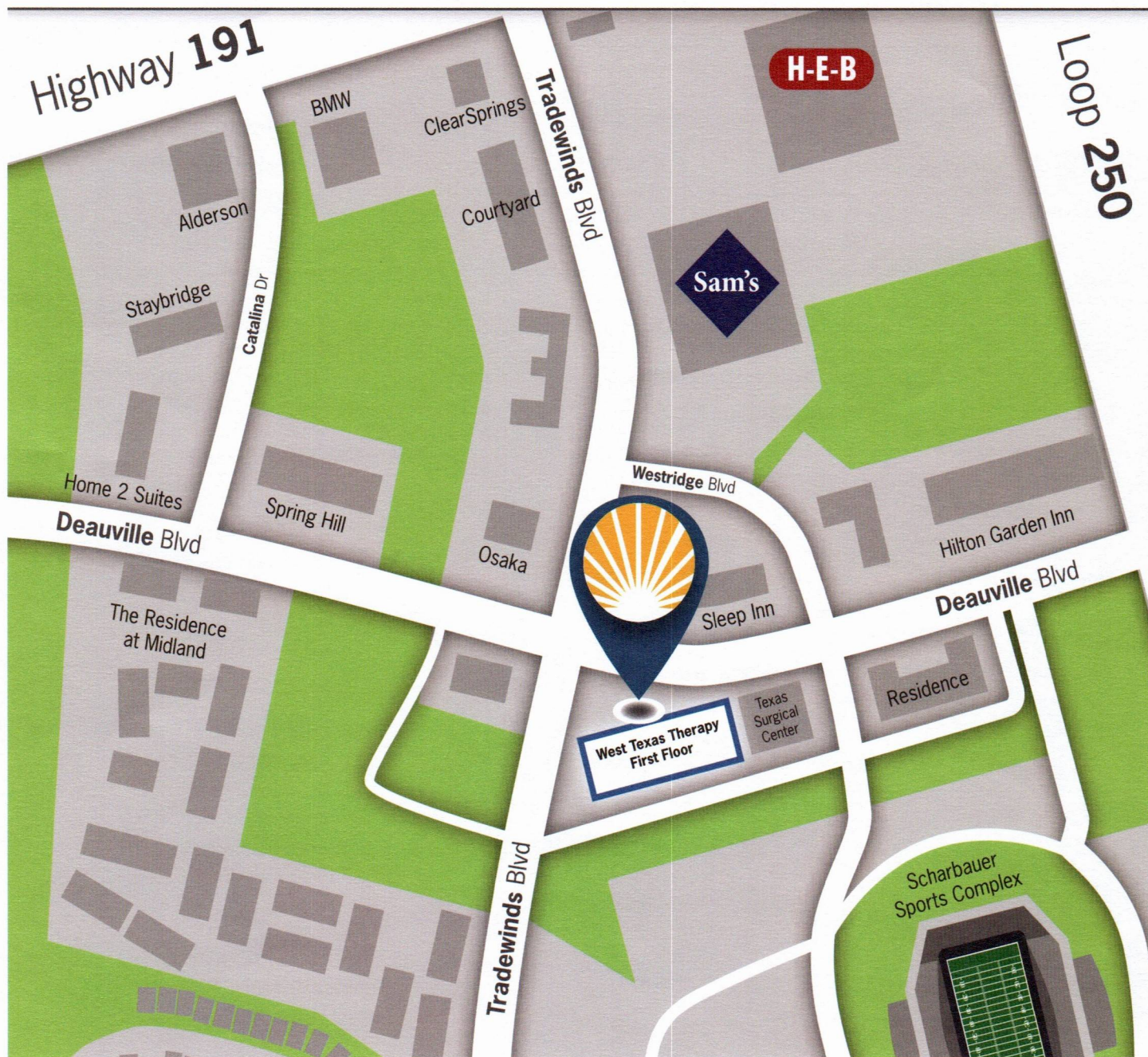


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**Registration:** Please arrive 5-10 minutes prior to your **first** scheduled appointment time for paperwork. Be sure to bring your insurance card(s), this referral/prescription, and a driver's license, or some form of identification.

**What to wear:** You will need to wear comfortable clothing suitable for exercise; your clothing will need to allow access to the body part for which you are being treated.