

PHYSICAL THERAPY REFERRAL

Patient: _____ Date: _____

Diagnosis: _____

Rx Frequency / Duration: 1 2 3 4 5 Times/Week For _____ Weeks

Comments: _____

Date of Injury: _____ Worker's Comp MVA Other

TREATMENT PLAN

Treatment at the discretion of Physical Therapist

Protocols

- Return to Work (Conditioning)
- Return to Sport (Conditioning)
- Post-Surgical Rehab Program
- Vestibular Rehab Program
- Back Care Program
- Strain/Sprain Management
- Acute Injury Management
- Repetitive Injury Management
- Posture/Body Mechanics Training

Specific Interventions

- Therapeutic Exercise
- Manual Therapy
- Joint Mobilization
- Soft Tissue Mobilization
- Home Exercise Program
- Pre/Post Surgical Evaluation Only

Other Services (Northgate Only)

- Work Hardening
- Work Conditioning
- Functional Capacity Evaluation

CLINIC LOCATIONS

LAKE STEVENS

1819 S Lake Stevens Road, Suite E • Lake Stevens, WA 98258
Phone (425) 334-1122 • Fax (425) 334-1188

MARYSVILLE

9516 State Avenue, Suite B • Marysville, WA 98270
Phone (360) 658-8857 • Fax (360) 659-8296

SMOKEY POINT

3204 Smokey Point Dr #103 • Arlington, WA 98223
Phone (360) 651-8880 • Fax (360) 651-9975

STANWOOD

27500 102nd Avenue NW, Suite 1 • Stanwood, WA 98292
Phone (360) 629-9768 • Fax (360) 629-6487

NORTHGATE

9501 5th Avenue NE • Seattle, WA 98115
Phone (206) 522-7141 • Fax (206) 522-7234

Signature _____

Date _____

DIRECTIONS

LAKE STEVENS CLINIC

VIA NORTH/SOUTHBOUND I-5:

After taking exit 194 from I-5, go east on Highway 2 and then take 20th St SE Exit.

Continue on 20th St SE through Highway 9.

Take a left on S. Lake Stevens Road at light.

Turn right into the Lake Stevens Fire Department complex at 1819 S. Lake Stevens Road.

We share the building with Allstate Insurance.

MARYSVILLE CLINIC

VIA NORTH/SOUTHBOUND I-5:

After taking exit 200, drive east on 88th Street.

Turn left onto State Avenue and proceed approximately 1/2 mile.

We are on the left side of the street, across the parking lot from the Quilceda Pharmacy.

SMOKEY POINT CLINIC

VIA NORTH/SOUTHBOUND I-5:

After taking exit 206, proceed east on 172nd Street.

Turn left onto Smokey Point Boulevard.

We are on the left, just past Rite Aid in the Smokey Point Plaza.

STANWOOD CLINIC

VIA NORTH/SOUTHBOUND I-5:

After taking exit 212, proceed west on Highway 532 for approximately 6 miles. Take a right at Bank of America onto 102nd Avenue NW. Proceed north on 102nd Avenue NW for 4.5 blocks. We will be on your left.

NORTHGATE CLINIC

VIA NORTH/SOUTHBOUND I-5:

From I-5, take exit 173. Turn right onto N. Northgate Way. Turn right onto 1st Ave NE. Turn left onto NE 95th St. Turn left onto 5th Ave NE. The clinic will be on your left.

PATIENT INFORMATION:

NorthSound Physical Therapy is a locally-owned and operated company that has been serving the region since 1992.

We will work closely with you and your physician to determine the most appropriate, personalized course of treatment.

For your first appointment, please bring:

- ① Your current physical therapy referral
- ② Your medical insurance card, accident/claim number (if any) and all necessary billing information
- ③ Comfortable clothing (shorts/shirts are available)

We look forward to working with you.