

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

Phone: \_\_\_\_\_ DOB: \_\_\_\_\_

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 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
- Return to Work (Conditioning)

### Specific Interventions

- Therapeutic Exercise
- Manual Therapy
- Joint Mobilization
- Soft Tissue Mobilization
- Home Exercise Program
- Pre/Post Surgical Evaluation Only
- Women's Health (Lake Stevens and Stanwood)
- Certified Hand Therapy (Stanwood)

## CLINIC LOCATIONS

### LAKE STEVENS

231 91st Ave NE, Ste 160  
Lake Stevens, WA 98258  
p: 425.334.1122 | f: 425.334.1188

### MARYSVILLE

9516 State Ave, Suite B  
Marysville, WA 98270  
p: 360.658.8857 | f: 360.659.8296

### NORTHGATE

9501 5th Ave N  
Seattle, WA 98115  
p: 206.522.7141 | f: 206.522.7234

### OAK HARBOR

275 SE Cabot Dr, Suite B203,  
Oak Harbor, WA 98277  
p: 360.279.1445 | f: 360.279.9296

### SMOKEY POINT

16419 Smokey Point Blvd  
Arlington, WA 98223  
p: 360.651.8880 | f: 360.651.9975

### SNOHOMISH

1409 Ave D  
Snohomish, WA 98290  
p: 360.453.7933 | f: 360.453.7934

### STANWOOD

27500 102nd Ave NW, Suite 1  
Stanwood, WA 98292  
p: 360.629.9768 | f: 360.629.6487

Signature \_\_\_\_\_ Date \_\_\_\_\_