



PT Hawaii-Waipahu
 Waipahu Professional Center
 94-801 Farrington Hwy, Waipahu, HI 96797
 Phone: (808)680-9123 • Fax: (808)680-9889

- Workers Compensation _____
Employer _____
- No Fault (Auto) _____
- Private _____
- Medicare _____

Rehabilitation Referral and Treatment Plan

Patient Name: _____
 Date of Birth: _____
 Phone (Home): _____ (Work) _____
 Date of Injury/Surgery: _____

Diagnosis/ICD-10 code _____

EVALUATE AND TREAT

PHYSICAL THERAPY

Therapeutic Exercises

HEP, postural education/ergonomics

Modalities

Mechanical traction, electrical stimulation, ultrasound, heat & cold

Manual Therapy

Joint mobilization, manual traction, myofascial release, Strain-counter strain

Vestibular/Concussion Rehabilitation

Canalith repositioning, balance/gait training, vertigo, habituation exercises

Neuromuscular Rehabilitation

Functional re-training & neuromuscular reeducation

AQUA THERAPY

Aquatic Therapy in a 100,000 gallon chlorinated salt water (solar heated) pool. Utilizing specifically designed activities to aid in the restoration, maintenance, and quality of function for patients with acute or chronic disabilities.

- WORK CONDITIONING:** (3 days/week) 2 Hour treatment will include strengthening and conditioning, initiating specific job simulation activities.

MASSAGE THERAPY

PRECAUTIONS/SPECIAL INSTRUCTIONS

MEASUREABLE GOALS/OBJECTIVES

Decrease:

- Tenderness/Tightness
- Swelling
- Pain

_____ fr _____ to _____

Increase:

- Endurance
- ROM/Mobility

_____ fr _____ to _____

_____ fr _____ to _____

Increase:

- Functional Activity Tolerance
- Strength/Stability

_____ fr _____ to _____

_____ fr _____ to _____

Educate:

- Home Exercise Program
- Body Mechanics/ADL's
- Symptom Management

Treatment Frequency _____ visits/week for _____ weeks. Total Visits: _____

Estimated Treatment dates _____ to _____ Estimated cost \$ _____

Adjuster (print) _____ Signature _____ Phone: _____ Fax: _____

Claim No. _____ Approved Denied

Physician Name (print): _____ Signature _____ Date _____

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***Home of the
AquaCare™
Program***