

Assn: Carolina Shell

973-940-1852

**R****Physical Therapy**

Today's Date

9/29/20

Name

Wilson, Nisha

Diagnosis

L4/L5 spondylosis

Precautions

2

Times / Week for

4

Weeks

☐ One Visit

Body Area:

Cervical

Thoracic

☒ Lumbar

Other:

**Exercises**

- ☒ Aerobic  
☒ Strengthen  
☒ Stretch  
☒ ROM  
☐ Home Program

- ☐ Gentle Cervical  
 Traction  
☐ McKenzie  
☐ Williams

**Modalities**

- ☒ Moist-heat  
☒ Ultrasound  
☐ Massage  
☐ Tens  
☐ Whirlpool  
☐ Pool

Comments:

Carl P. Giordano, M.D.

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