



160 E. Hanover Avenue, Suite 201  
Morristown, NJ 07960

333 Mount Hope Avenue, Suite 140  
Rockaway, NJ 07866

720 US 202/206 North, Bldg. 2  
Bridgewater, NJ 08807

Mailing Address: P.O. Box 2266, Morristown, NJ 07962

Phone (973) 538-0900

Fax (973) 538-0909

### Prescription for Physical Therapy

PATIENT NAME: Gregory Cruz

DATE: 8/16/24

DIAGNOSIS: Cervical Strain S13.4XX Thoracic Strain S23.3XX Lumbar Strain S39.012 R / L SI Joint M46.1  
Cervical Radic M54.12 Thoracic Radic M54.14 Lumbar Radic M54.16 R / L Shoulder M25.51

GOALS: Decrease Pain and Inflammation - Increase Strength and Range of Motion

☐ Wean from Brace

PRECAUTIONS: ☐ Post-op: Cervical / Thoracic / Lumbar

#### MODALITIES:

X : THERAPIST'S DISCRETION  
\_\_\_ : HEAT  
\_\_\_ : COLD

\_\_\_ : TRIAL OF TRACTION  
\_\_\_ : NO TRACTION  
\_\_\_ : T.E.N.S. TRIAL

X : ULTRASOUND  
X : ELECTRIC STIMULATION  
X : MANUAL THERAPIES

#### EXERCISE:

X : THERAPIST'S DISCRETION  
X : AROM

\_\_\_ : FLEXION BIASED  
\_\_\_ : EXTENSION BIASED

X : FUNCTIONAL ACTIVITIES  
X : PROGRESSIVE ACTIVITIES

#### PROGRAMS:

X : TEACH HOME MAINTENANCE PROGRAM  
\_\_\_ : AQUATIC / POOL THERAPY

\_\_\_ : FUNCTIONAL CAPACITY EVALUATION  
\_\_\_ : WORK CONDITIONING / HARDENING

FREQUENCY OF TREATMENT 3 DAYS PER WEEK

DURATION OF TREATMENT 4 WEEKS

Sarah J. Ries, PA-C

Michele Lohman, PA-C

Tanya Lugo, PA-C

Charles A. Gatto, M.D.  
Spine Surgery

Jason Lowenstein, M.D.  
Pediatric/Adult Scoliosis  
Spine Surgery

George S. Naseef, M.D.  
Spine Surgery