

Attn: Carolina Shell

973-940-1852

R**Physical Therapy**

Today's Date

4/10/23

Name

Ally Alexander

Diagnosis

D. L. L. L.

Precautions

2

Times / Week for

4

Weeks

☐ One Visit

Body Area:

Cervical

Thoracic

Lumbar

Other:

D. L. L.

Exercises

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

- ☐ Gentle Cervical
 Traction
☐ McKenzie
☐ Williams

Modalities

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

Comments:

L E strengthening

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