

R_x**Physical Therapy**

Today's Date

11/3/24

Name

Cesar Torres

Diagnosis

Strain

Precautions

3 Times / Week for 2 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.

Richard S. Nachwalter, M.D.

Atlantic Spine Specialists

131 Madison Avenue, Suite 110 • Morristown, New Jersey 07960

Tel (973) 971-3500 • Fax (973) 683-0016

www.atlanticspinespecialists.com