

Attn: Carolina Shell

973-940-1852

**R**

**Physical Therapy**

Today's Date

9, 21, 23

Name

Ismael Iosko, Gen. 2

Diagnosis

Sp. Disc.

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:

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