



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: Donnie Turner DATE: 11/7/22

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

6+ week pop L4-S1, low

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

☐ Wean from Brace

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

#### MODALITIES:

☒ : THERAPIST'S DISCRETION  
☐ : HEAT  
☐ : COLD

☒ : TRIAL OF TRACTION  
☐ : NO TRACTION  
☐ : T.E.N.S. TRIAL

☒ : ULTRASOUND  
☒ : ELECTRIC STIMULATION  
☒ : MANUAL THERAPIES

#### EXERCISE:

☒ : THERAPIST'S DISCRETION  
☒ : AROM

☐ : FLEXION BIASED  
☐ : EXTENSION BIASED

☒ : FUNCTIONAL ACTIVITIES  
☒ : PROGRESSIVE ACTIVITIES

#### PROGRAMS:

☒ : TEACH HOME MAINTENANCE PROGRAM

☐ : FUNCTIONAL CAPACITY EVALUATION

☐ : AQUATIC / POOL THERAPY

☐ : WORK CONDITIONING / HARDENING

FREQUENCY OF TREATMENT 3 DAYS PER WEEK

DURATION OF TREATMENT 2 WEEKS

Sarah J. Ries, PA-C

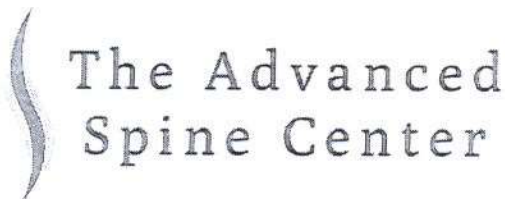
Michele Lohman, PA-C

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.  
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### STUDIES

Patient Name: Donnie Turner DOB: 12/30/63 Date: 11/7/22

Diagnosis: 6+ weeks P of L4-S1 lamina  
— Right 2mm width 248.89

**PATIENTS: DO NOT BOOK YOUR STUDY UNTIL YOU HAVE CONTACTED OUR OFFICE SPECIALIST AT 973-538-0900 ext. 594 SO WE MAY SUBMIT THE AUTHORIZATION REQUEST.**

**Please Accept this as a Prescription / Request for:**

☐ **X-RAY:** ☐ Lumbar Spine: AP / Lat / Flex / Ext ☐ Cervical Spine: AP / Lat / Flex / Ext

☐

☒ **MRI - with continuous axial images oriented parallel to disc spaces:**

☒ Lumbar Spine ☐ Cervical Spine ☐ Thoracic Spine

☒ Without Contrast ☐ With Contrast ☐ With and without Contrast

☐

☐ **CT - with small cuts and sagittal and coronal reconstructions:**

☐ Lumbar Spine ☐ Cervical Spine ☐ Thoracic Spine ☐ Bone windows only

☐

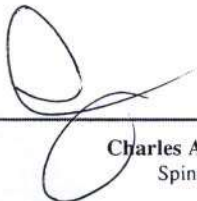
☐ **Myelogram / with follow up CT:** ☐ Lumbar spine ☐ Cervical Spine ☐ Thoracic Spine

☐ **Bone Scan:** ☐ Total Body ☐ Lumbar Spine / Pelvis / SPECT Images ☐ Other: ☐ **Bone Density**

☐ **EMG/NCV**

☐ **Blood Work:** ☐ CBC w/platelets ☐ ESR ☐ Rheum Factor ☐ HbA1C  
☐ SMA-7 ☐ C- Reactive Protein ☐ ANA ☐ B12 / Folate  
☐ SMA-20 ☐ SPEP ☐ Lyme Titer ☐ RPR  
☐ PT/PTT ☐ PSA ☐ HLA-B27 ☐ T3 / FT4 / TSH

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