



Marikina Orthopedic Specialty Clinic

#2 E. MANALO AVE., STO. NIÑO, 1820, MARIKINA CITY, PHILIPPINES
TEL. NO. (8) 942-4011; MONDAY ~ SATURDAY; 9:00 A.M. ~ 4:00 P.M.

	CASH
	HMO

() STA. LUCIA HEALTH CARE CENTER
Basement Level Phase II Bldg.
Sta. Lucia East Grand Mall
Marcos Hi-way cor. Felix Ave. Cainta, Rizal
Tel. # (8) 296-4652 / (8) 647-2545 loc. 115

() MARIKINA ST. VINCENT GENERAL HOSPITAL
#42 P. Burgos St. Concepcion I, Marikina City
Tel. # (8) 359-3986 / (8) 531-5080
Cel. # 0922-8641654

PHYSICAL THERAPY REQUEST

PATIENT NAME: _____ DATE: _____
DIAGNOSIS: _____

PT GOALS

- ☐ RELIEVE PAIN/SPASM
- ☐ REDUCE SWELLING/EDEMA
- ☐ INCREASE JOINT ROM
- ☐ REGAIN/INCREASE MUSCLE STRENGTH/STABILITY

PT PRESCRIPTION

- ☐ TENS
- ☐ ULTRASOUND
- ☐ HOT MOIST PACK
- ☐ PHONOPHORESIS
- ☐ CRYOTHERAPY
- ☐ PARAFFIN WAX BATH
- ☐ NEUROMUSCULAR SIMULATOR
- ☐ PROBE
- ☐ INFRARED RADIATION
- ☐ CERVICAL TRACTION _____ LBS./KG.
- ☐ LUMBAR TRACTION _____ LBS./KG.
- ☐ HIGH INTENSITY LASER _____ X/WK.
- ☐ SHOCKWAVE _____ X/WK.

1ST SESSION:

DATE: _____
TIME: _____

PROCEDURE

- ☐ STRETCHING
- ☐ ISOMETRIC EXERCISE
- ☐ PASSIVE ROM
- ☐ ACTIVE ASSISTIVE ROM
- ☐ ACTIVE ROM
- ☐ PROGRESSIVE ASSISTIVE EXERCISE
- ☐ CONDITIONING EXERCISES

GAIT TRAINING

- ☐ FULL WB
- ☐ CRUTCHES
- ☐ PARTIAL WB _____ %
- ☐ CARE
- ☐ NON WB
- ☐ WALKER

OTHERS

- ☐ QUADRICEPS STRENGTHENING
- ☐ HAMSTRING STRETCHING
- ☐ CLOSE KINEMATIC CHAIN EXERCISES
- ☐ PROPRIOCEPTION TRAINING
- ☐ GENERAL BODY CONDITIONING EXERCISES
- ☐ POSTURAL GUIDANCE

- ☐ PULLEY
- ☐ PENDULUM EXERCISE
- ☐ FINGER LADDER EXERCISE
- ☐ HOME EXERCISE PROGRAM

AREAS TO BE TREATED

TREATMENT FREQUENCY

- ☐ DAILY
- ☐ 1X/WEEK
- ☐ 2X/WEEK
- ☐ 3X/WEEK
- ☐ PRN

DURATION

- ☐ 1 WEEK
- ☐ 2 WEEKS
- ☐ 3 WEEKS
- ☐ 4 WEEKS
- ☐ _____

DOCTOR'S SIGNATURE _____