

SUMMIT ORTHOPEDICS & SPORTS MEDICINE

Dr. Marcus Bellingham, MD | Dr. Priya Venkatesh, MD
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PHYSICAL THERAPY REFERRAL ORDER

TO: Willowdale Physical Therapy & Rehabilitation
FAX: (555) 867-5310
ATTN: Physical Therapy Intake Coordinator
FROM: Dr. Marcus Bellingham, MD — Summit Orthopedics
DATE: February 13, 2026

PATIENT INFORMATION

Patient Name: KOWALSKI, ADAM J.
Date of Birth: 05/19/1988
Phone: (555) 744-2211
Insurance: Pinnacle Health Plans — Gold PPO
Member ID: PHP-117-55-3342
Authorization #: PA-2026-0210-55490 (APPROVED — see attached)

DIAGNOSIS / CLINICAL INFORMATION

Primary Dx: M23.211 — Derangement of anterior horn of medial meniscus, right knee
Secondary Dx: M17.11 — Primary osteoarthritis, right knee
Date of Injury/Onset: 01/08/2026 (work-related, bending/twisting injury)
Surgical History: None — conservative management first
Imaging: MRI R knee (02/03/2026): Medial meniscus tear, grade II chondromalacia

PHYSICAL THERAPY ORDER

Evaluate and treat: Right knee — meniscal tear, OA

Frequency/Duration: 2-3x/week for 6 weeks (12-18 sessions)

Goals:

1. Reduce pain to 3/10 or less (currently 6/10)
2. Restore full ROM (currently limited 10-110 deg, goal 0-135)
3. Strengthen quadriceps and hamstrings to 4+/5
4. Return to full work duties (warehouse — lifting, bending, walking)

Precautions:

- No deep squatting or high-impact activity
- No pivoting on affected leg
- Weight bearing as tolerated

Treatment may include:

Therapeutic exercise, manual therapy, neuromuscular re-education, modalities (ice, e-stim, ultrasound PRN), functional training, home exercise program development

Please fax initial evaluation and progress notes to our office:

Fax: (555) 776-4401 ATTN: Dr. Bellingham

If patient is not progressing by week 4, please contact our office to discuss. May need to consider surgical consultation at that point.

Ordering Physician: Marcus Bellingham, MD | **NPI:** 1234509876

Electronically signed: 02/13/2026

PINNACLE HEALTH PLANS

Utilization Management Department

PRIOR AUTHORIZATION DETERMINATION NOTICE

Auth #: PA-2026-0210-55490

Date: February 10, 2026

Member: KOWALSKI, ADAM J. | ID: PHP-117-55-3342 | DOB: 05/19/1988

Service: Physical Therapy, Right Knee (CPT 97110, 97140, 97530)

Provider: Willowdale Physical Therapy & Rehabilitation

Approved: 18 visits over 6 weeks, effective 02/10/2026 through 03/24/2026

DETERMINATION: **APPROVED**

This authorization is valid for the dates and services listed above.

Pre-certification does not guarantee payment. Benefits subject to plan terms and conditions.