

GENERATIONS[®] PHYSICAL THERAPY

Barboursville – Milton – Teays Valley – Winfield – Grayson, KY

www.generationspt.com

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Dr. Travis Tarr, PT, DPT Director of Rehab Services Dr. Holly Tarr, PT, DPT Assistant Director of Rehab Services

Name: _____ Date: _____

Diagnosis: _____ Precautions: _____

Frequency: _____ times/week Duration: 1 2 3 4 5 6 Other: _____ Weeks

Evaluate and Treat

Increase Strength/Conditioning

- Therapeutic Exercise
- Stabilization Program
- Aerobic Conditioning Program
- Establish Fitness Program

Increase Range of Motion

- PROM/AAROM/AROM _____ weeks
- Joint Mobilization
- Myofascial Release

Modalities For Pain/Inflammatory Modulation

- Moist Heat/Cryotherapy
- Ultrasound
- Electrical Stimulation
- Mechanical Traction
- Other: _____

Increase Function

- Sports Specific Activity
- ADL Specific Activity
- Work Specific Activity

Aquatic Rehab Center

- Hydroworx

Ergonomics Institute

- BTE Functional Capacity Evaluation
- Employment Screen
- Work Conditioning 2-4 hours
- Work Hardening 6-8 hours
- Goal: _____

Neuromuscular Re-education

- Balance/Proprioception Therapy
- Gait Training WBAT/PWB/NWB/TTWB
- Vestibular Rehabilitation
- NMES

Patient Education Programs

- Home Exercise Program
- Back School
- Fall Prevention
- Total Joint School (pre-operative)

Specific Protocol as Per Surgeon

- Rotator Cuff Repair (partial/full)
- ACL Reconstruction
 - Allograft/Hamstring/Patella/Other
- Total Joint Replacement
- Other: _____

Additional Orders/Comments/Precautions: _____

Scheduled Follow Up: _____ Physician Signature _____

“Move Forward With Generations Physical Therapy Centers”