

PHYSICIAN REFERRAL

PATIENT'S NAME _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Traction
- Modalities
- Other _____

COMMENTS: _____

Frequency: _____ X per week for _____ weeks

Signature: _____

Date: _____

We accept referrals from any physician.
Most insurance plans are accepted. Please
give us a call for more information.

Quinn Orthopedic Physical Therapy
(408) 252-6076 phone • (408) 252-1159 fax



QUINN ORTHOPEDIC

Physical Therapy
Cupertino, California

20823 Stevens Creek Boulevard
Suite #200
Cupertino, CA 95014

(408) 252-6076 phone
(408) 252-1159 fax

www.quinnpt.com

Also Onsite at Apple, Inc.
Cupertino Fitness Center
10627 Bandley Drive
Cupertino, CA 95014

Conveniently Located
Free/Convenient Parking
Same-day Appointments Possible
Early Morning/Evening Appointments
Saturday Appointments
Most Insurances Accepted

Physical Therapy for
**ANKLE/FOOT
PAIN**



Recover your quality of life
without drugs, side effects or surgery.

Physical therapy is the clear choice!

Choose Physical Therapy to relieve

ANKLE/FOOT PAIN

Recover your quality of life

www.quinnpt.com



Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

Conditions we have successfully treated:

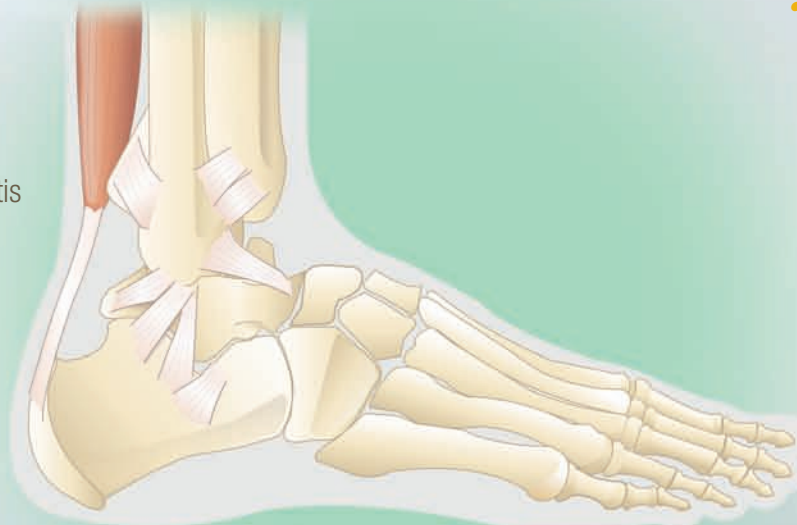
- Ankle pain
- Shin splints
- Ankle sprains
- Plantar fasciitis
- Achilles tendonitis
- Excessive pronation
- Post surgical conditions
- Tibialis posterior tendonitis

What are my treatment options?

- Drugs
- Corticosteroid Injections
- Surgery
- **Physical Therapy***

Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research*
- Customized to treat the underlying cause



Your Recovery Process:

- Pain relief
- Recovery of mobility or stability
- Increased strength
- Recovery of walking and functional skills
- Independent care

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Walking retraining
- Balance exercises
- Shoe inserts (orthotic recommendations)

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

If you're ready for relief,
and tired of "masking" your pain,
treat the cause, not just the symptoms!



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*Cited from the academic journal, JBJS (American). 2006;88; Am J Sports Med 1998 May; 26(3)