

# 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*  
Cupertino, California

20823 Stevens Creek Boulevard  
Suite #200  
Cupertino, CA 95014

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

**[www.quinnpt.com](http://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  
**BACK PAIN**



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

Physical therapy is the clear choice!

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

Choose Physical Therapy to relieve

# BACK PAIN

Recover your quality of life

[www.quinnpt.com](http://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:

- Acute pain
- Sciatica
- Chronic pain
- Sprains/strains
- Arthritis (spondylosis)
- Degenerative disc disease
- Herniated, ruptured disc
- Pinched nerves (radiculopathy)
- Post surgical laminectomy/fusion
- Spondylolisthesis
- Spondylolysis

### What are my treatment options?

- Drugs
- Epidural Injections
- Surgery
- **Physical Therapy\***

### Advantages of Physical Therapy:

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

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

### Your Recovery Process:

- Pain relief
- Recovery of lost trunk motion
- Progressive trunk stabilization
- Progressive recovery & retraining
- 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
- Repeated movements to centralize pain
- Effective joint mobilization techniques to decrease pain & stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Dynamic or static pelvic traction
- Targeted stretching for tight muscles

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.

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\* Physical therapy techniques have been proven effective for both acute and chronic back pain. Annals of Internal Medicine, Vol 141 (12), 2004 and Vol 142 (5), 2005.

