

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

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
**SHOULDER
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

SHOULDER 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.

Common Shoulder Ailments:

- Impingement*
- Rotator cuff tear
- Instability
- Fracture/trauma
- Frozen shoulder
- Tendinopathy
- Arthritis

What are my treatment options?

- Drugs
- 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
- Restoration of normal movement
- Recovery of function
- Independent care

Components of Your Care:

- A biomechanical evaluation
- Custom treatment plan
- Extensive patient education
- Hands-on techniques to relax the muscles and recover mobility
- Stretching for tight muscles
- Strengthening of weak muscles
- Mobilization of stiff joints
- Modalities such as ice, heat, ultrasound or electrical stimulation

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 has been proven to be as effective as surgery. Ann Rheum Dis. 2005 May;64(5)