

# SportsCare

## Physical Therapy

"For the Athlete in All of Us"



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■ **Patient Name** \_\_\_\_\_ **Today's Date** \_\_\_\_\_

■ **Diagnosis** \_\_\_\_\_ **ICD-10 Code** \_\_\_\_\_

■ **Patient Aware of Diagnosis?**     Yes     No

■ **Special Orders or Precautions:** \_\_\_\_\_

### Evaluate and Treat

#### Treatment Goals

- Increase ROM
- Increase Strength
- Decrease Pain
- Decrease Inflammation
- Patient Education
- Return to Work
- Home Program
- Other: \_\_\_\_\_

#### Advanced Treatment

- AlterG Treadmill  
– Up to 80% reduced  
bodyweight rehabilitation  
or training  
(Gresham only)
- BikeFit  
– Ergonomic adjustments  
for increased efficiency  
and injury prevention  
(NE Portland only)

#### Exercise

- Home Exercise
- Active ROM
- Isometric
- Progressive Resistive
- Gait Training
- Proprioception
- Plyometrics
- Tubing
- Balance Desensitization
- Coordination

#### Manual

- Passive ROM
- Active Assist ROM
- Joint Mobilization
- Traction
- Massage
- Myofascial Release

#### Modalities

- Ice
- Heat
- Ultrasound
- Iontophoresis
- Phonophoresis
- Electrical Stimulation
- Whirlpool
- TENS or IFC
- Fluidotherapy
- Mech. Traction

#### Specialty

- Aquatics Program
- Biofeedback
- Orthotics
- Brace/Support
- TENS
- Paraffin Bath
- Chronic Pain

### Hand Therapy

#### Treatment

- Desensitization
- Coordination
- Scar Mobilization
- Paraffin Bath
- Fluidotherapy
- Splint: \_\_\_\_\_

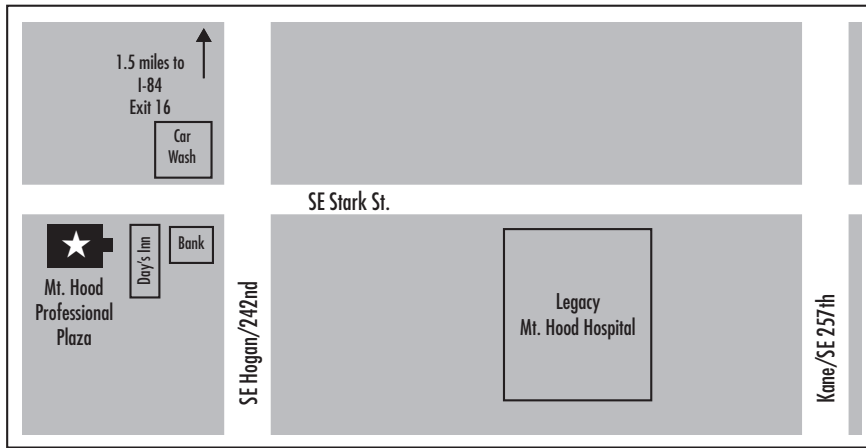
#### Industrial

- Ergonomic Assessment
- Physical Capacity Eval.
- Work Conditioning
- Body Mechanics

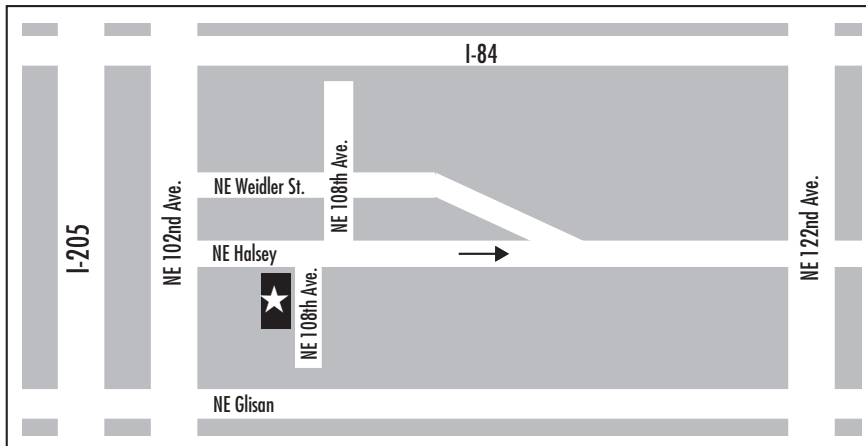
■ **Frequency**     Daily     3x Wk     2x Wk     1x Wk     Other \_\_\_\_\_

■ **Duration**     1 Week     2 Weeks     3 Weeks     4 Weeks     Other \_\_\_\_\_

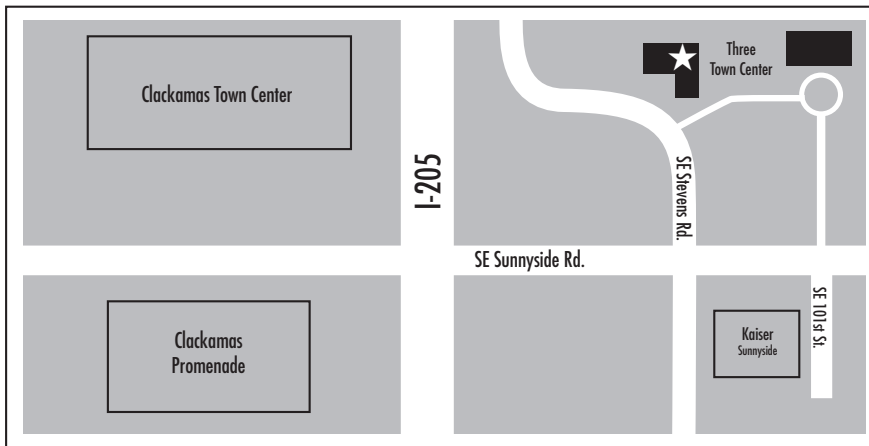
■ **Physician Signature** \_\_\_\_\_ **Date** \_\_\_\_\_



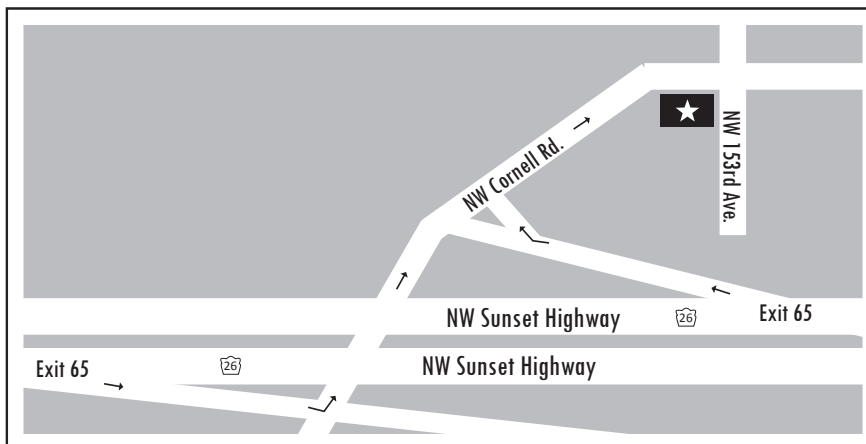
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