



# MAX MOTION

## PHYSICAL THERAPY

3455 Canyon de Flores, Suite B  
Sierra Vista, AZ 85650  
Office: 520-803-9727  
Fax: 520-378-2683  
www.MaxMotionPT.com

**Dinah L. Pesnell, PT, DPT, MTC**  
Owner / Director

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Precautions: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week for \_\_\_\_\_ weeks.

### EVALUATE & TREAT

- Manual Therapy**
  - Soft Tissue Mobilization
  - Joint Mobilization
  - Myofascial Mobilization
- Therapeutic Exercise**
  - Passive ROM
  - Active ROM
  - Active Assistive ROM
  - Progressive Resistive Exercise
  - Strengthening
  - Stabilization Program
  - Core Strengthening
  - Closed Chain Exercise
  - Posture/Body Mechanics
  - Home Exercise Program
- Sports Specific Training / Rehab**
- Modalities**
  - Moist Heat
  - Ice
  - Ultrasound
  - Electrical Stimulation
  - Massage
  - Iontophoresis
  - Phonophoresis
  - Vasopneumatic Compression/Ice
  - Intermittent Compression Pump (GameReady)
- Neuromuscular Re-education**
  - Balance / Proprioceptive Training
- Gait Training**
- Work Conditioning**
- Post Operative Rehabilitation Protocol for** \_\_\_\_\_  
Date of Surgery \_\_\_\_\_
- Bracing/Orthotic Fabrication & Fitting:** \_\_\_\_\_
- Other:** \_\_\_\_\_

**SPECIAL INSTRUCTIONS:** \_\_\_\_\_

The above plan of care is established and will be reviewed every 30 days.  
I certify the medical necessity of therapy.

Physician's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**DO NOT EMAIL PRESCRIPTION** The electronic prescription form is provided for your convenience. With respect to responding to this form, please do not send the prescription via email. Please populate, print and sign a hardcopy that may be faxed, mailed or hand delivered to the clinic.



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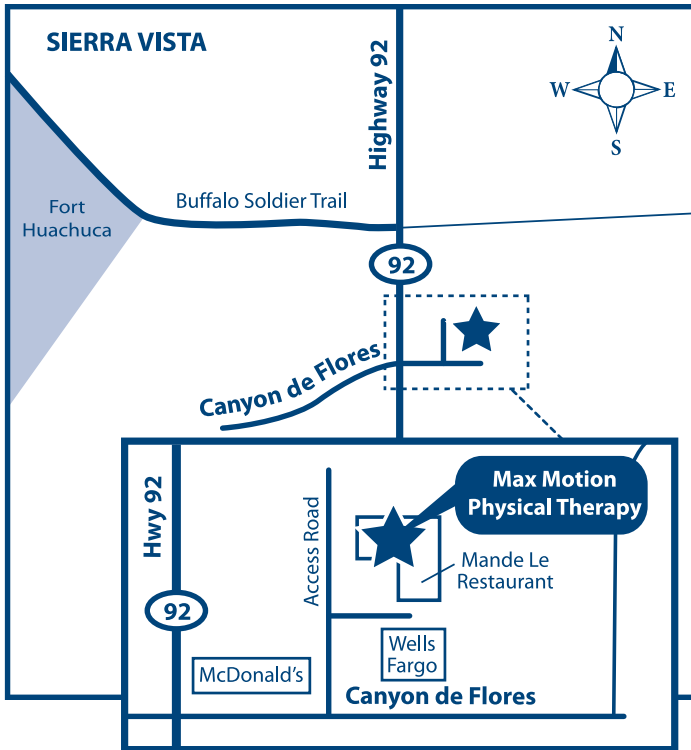
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### DIRECTIONS:

- Turn east at the light on Highway 92 and Canyon de Flores.
- Turn north on the access road behind McDonald's.
- Max Motion Physical Therapy is next door to Mande Le Restaurant.



### JUST A REMINDER:

- Please bring this referral slip with you on your first visit.
- Please arrive 15 minutes before your scheduled appointment to complete the necessary paperwork.
- The evaluation (1st visit) usually lasts up to 1 hour.

### WHAT TO WEAR:

- Please wear comfortable clothing.