



# Function1<sup>st</sup>

## PHYSICAL THERAPY

7421 W. Irving Park Road, Chicago, IL 60634

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***Se Habla Español / Mówimy Po Polsku***

Serving the Communities of Northwest Chicago, Norridge, Harwood Hts, Norwood Park, River Grove, Franklin Park, Schiller Park, Elmwood Park, Melrose Park & Leyden Township

Patient Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

### Physical Therapy orders:

**Evaluate and treat per physcial therapist discretion**

#### Therapeutic Exercise

- Strengthening/PRE's
- Lumbar/Core Strengthening/Stabilization
- Cervical Strengthening/Stabilization
- Lower Extremity Strengthening/Stretching
- Upper Extremity Strengthening/Stretching
- Home Exercise Program

#### Modalities

- Cold Laser
- Moist Heat/Ice
- Electrical Stimulation/TENS
- Ultrasound

#### Manual Therapy

- Soft Tissue Mobilization/Massage
- Joint Mobilization
- Trigger Point Treatment
- PROPRIO- Neuro Facilitation (PNF)

#### Workers Compensation Services

- Work Hardening/Conditioning Evaluation & Treatment
- Functional Capacity Evaluation
- On Site Job Assessment
- Pre-Work Screen

#### Custom Specialized Services

- Pre-op/Post-op Instruction and Treatment
- Chronic Pain Program
- Migraine/Headache Treatment
- Home Exercise Program
- Weight Management
- Personal Training
- Massage Therapy

Additional Instructions/Special Considerations: \_\_\_\_\_

Frequency and Duration: \_\_\_\_\_ times a week for \_\_\_\_\_ weeks

Physician Name (print) \_\_\_\_\_

Physician signature \_\_\_\_\_

Provider's Phone Number: \_\_\_\_\_

In making this referral, the physician certifies that this prescribed physical therapy is a medical necessity. This facility provides service to all persons without regard to race, color, national origin, handicap, or age.

# Your Physician Has Recommended **Physical Therapy**

## Now What?

— Follow These 3 Steps: —

### Step 1:

Get answers to your questions before you come in by visiting **FunctionFirstTherapy.com** where you will find patient friendly, easy to read reports, FAQ's and information.

### Step 2:

Call us at **866-787-3422** or go to the "Appointment" page on our website at **FunctionFirstTherapy.com** to book your appointment. When you call or check-in online, a special patient information packet will be sent to you with all the information you may need, to take advantage of all our patient resources. Not sure whether Function1st PT can help your condition? Ask for a free consultation to discuss your case with our staff.

### Step 3:

What to expect on your first visit:

- Waiting time typically not to exceed 5 min from your scheduled appointment time once your paperwork is completed.
- In many cases pain relief after first visit.
- Customized plan of care and report promptly sent to your physician.

### Location:

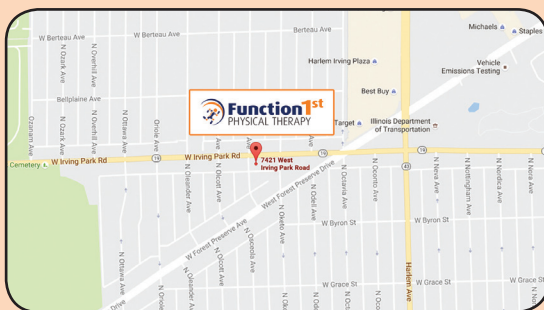
#### Chicago

7421 W. Irving Park Road  
Chicago, IL 60634

**Phone: 866-787-3422**

Monday-Thursday 8am-7pm

Friday 8am-5:30pm



**FunctionFirstTherapy.com**