



# ATLAS

PHYSICAL THERAPY

Vicky L. Bledsoe, PT  
Suzanne M. Downing, PT, DPT  
7718 Wood Hollow Dr.; Suite 105  
Austin, TX 78731

Ph: 512-795-0053  
Fx: 512-795-0043  
www.atlaspt.net

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

Diagnosis / Procedure: \_\_\_\_\_

Precautions or Specific Requests: \_\_\_\_\_

WT. BEARING STATUS:	<input type="checkbox"/> Full	<input type="checkbox"/> Toe	<input type="checkbox"/> Touch	<input type="checkbox"/> Partial _____%	<input type="checkbox"/> NWB
MEDICAL INFORMATION:	<input type="checkbox"/> ↓ Swelling	<input type="checkbox"/> ↑ ROM			
	<input type="checkbox"/> Pre op	<input type="checkbox"/> Post op		<input type="checkbox"/> Pain Level: 1 2 3 4 5 6 7 8 9 10	
WORK STATUS:	<input type="checkbox"/> Full Duty	<input type="checkbox"/> Light Duty	<input type="checkbox"/> None		

EVALUATE & TREAT

TREAT ONLY AS SPECIFIED BELOW

### MANUAL THERAPY

- Soft Tissue
- Joint Mobilization
- Manual Traction
- Myofascial Release
- Scar Mobilization

### THERAPEUTIC EXERCISE

- Passive ROM
- Active Assistive ROM
- Active ROM
- Resistive
- Isometric

### PROTOCOLS

- Shoulder
- Elbow
- Wrist
- Hip
- Knee
- Ankle
- Foot
- Back
- Neck
- Balance Training
- Gait Training
- Spinal Stabilization
- McKenzie Rehab
- Patellofemoral
- McConnell Taping

### MODALITIES

- Cold Pack/ Moist Heat
- Ice Massage
- Paraffin Bath
- Electrical Stimulation
- Neuromuscular Re-education
- Gait Training
- Ultrasound
- Iontophoresis (*medication Rx required*)
- Phonophoresis
- T.E.N.S. (*Rental / Purchase*)
- N.M.E.S. (*Rental / Purchase*)

### HOME EXERCISE PROGRAM

- Flexibility/ Stretching
- Isometrics
- Strengthening
- Theraband
- Pre Op/Post Op Program

FREQUENCY:  1 x weekly     2 x weekly     3 x weekly     Daily

DURATION:  1 week     2 weeks     3 weeks     4 weeks

THIS PRESCRIPTION IS AN EVALUATE AND TREAT ORDER UNLESS SPECIFIED ABOVE.

I CERTIFY THAT THE ABOVE TREATMENT PLAN IS MEDICALLY NECESSARY AND IS APPROVED.

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

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_