

# PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Vestibular Training
- Other \_\_\_\_\_

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Frequency: \_\_\_\_\_ X per week for \_\_\_\_\_ weeks

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

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

# St. Tereiza Physical Therapy for ANKLE/FOOT PAIN



### Two Convenient Locations:

2539 Middle Country Rd., Suite 101  
Centerreach, NY 11720  
(631) 467-3381 phone  
(631) 467-3383 fax

Ridge Medical Center  
681 Whiskey Road  
Ridge, NY 11961  
(631) 744-8014 phone  
(631) 744-8018 fax

[www.sainttereizapt.com](http://www.sainttereizapt.com)

Doctoral trained  
Hands-on therapy  
One-on-one personal attention  
Convenient extended hours  
State-of-the-art equipment  
Treatment by the same therapist  
Laser & Anodyne Therapy  
Physical Therapy  
Most insurance accepted & filed

We accept referrals from any physician.  
Most insurance plans are accepted.  
Please give us a call for more information.

**St. Tereiza Physical Therapy**

Recover your quality of life  
without drugs, side effects or surgery.

Physical therapy is the clear choice!



Choose St. Tereiza Physical Therapy to relieve

# ANKLE/FOOT PAIN

Recover your quality of life

[www.sainttereizapt.com](http://www.sainttereizapt.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.

## Conditions we have successfully treated:

- Ankle pain
- Shin splints
- Ankle sprains
- Plantar fasciitis
- Achilles tendonitis
- Excessive pronation
- Post surgical conditions
- Tibialis posterior tendonitis

## What are my treatment options?

- Drugs
- Corticosteroid Injections
- Surgery
- **Physical Therapy\***

## Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research\*
- Customized to treat the underlying cause



## Your Recovery Process:

- Pain relief
- Recovery of mobility or stability
- Increased strength
- Recovery of walking and functional skills
- Independent care

## Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Walking retraining
- Balance exercises
- Shoe inserts (orthotic recommendations)

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.

If you're ready for relief,  
and tired of "masking" your pain,  
treat the cause, not just the symptoms!



**St. Tereiza Physical Therapy**

[www.sainttereizapt.com](http://www.sainttereizapt.com)

\*Cited from the academic journal, JBJS (American). 2006;88; Am J Sports Med 1998 May; 26(3)