

## 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 ARTHRITIS 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

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

Physical therapy is the clear choice!

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

**St. Tereiza Physical Therapy**

Choose St. Tereiza Physical Therapy to relieve

# ARTHRITIS 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:

- Joint pain
- Osteoarthritis
- Rheumatoid arthritis
- Knee arthritis
- Hip arthritis
- Shoulder arthritis
- Hand arthritis

## What are my treatment options?

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

## Advantages of Physical Therapy:

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

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

## Your Recovery Process:

- Recovery of joint motion
- Recovery of strength
- Pain relief
- Improved function
- Independent care

## Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Effective joint mobilization techniques to decrease joint stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Progressive strength training
- Balance and functional re-education

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.

**St. Tereiza Physical Therapy**

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

\* Physical therapy techniques are recommended for arthritis of the knee, hip, shoulder, and hand. Physical Therapy 2005 85: 907-971; Physical Therapy 2004 84: 934-972