

## 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 ELBOW/WRIST 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!

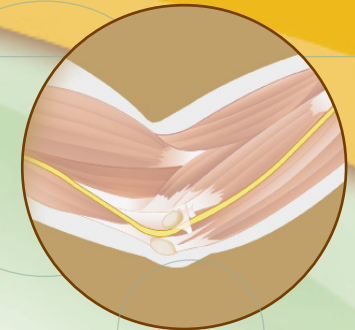
**St. Tereiza Physical Therapy**

Choose St. Tereiza Physical Therapy to relieve

# ELBOW/WRIST 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:

- Tendonitis
- Wrist Fractures/Breaks
- Carpal Tunnel Syndrome
- Nerve Injuries/Entrapment
- Tennis/Golfer's Elbow
- Arthritis\*
- Overuse Injuries

### What are my treatment options?

- Drugs
- Surgery
- Corticosteroid Injections
- 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:

- Pain relief
- Activity Modification
- Recovery of mobility/stability
- Increased strength
- Improved function
- Independent care

### Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- Ergonomic Advice/Activity Modification
- 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
- OTC or Custom Splinting/Bracing as needed

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)

\*Cited from the academic journal, Journal of Hand Therapy, 2007, 20(3), 244-250

