



# OPTIMUS HEALTH CENTER

## PHYSICAL THERAPY REFERRAL

102 E. Commerce Court • Jefferson City, TN 37760-0710  
Phone: 865-475-3101 • Fax: 865-475-9213 • WWW.OPTIMUSTHERAPY.COM  
Office Hours: 8:00 AM - 6:00 PM Monday to Friday

ERIC PACIA, PT  
ANGELA DYKE, PTA

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MILA PACIA, PT  
JARROD LEMASTER,  
EXERCISE SPECIALIST

PATIENT'S NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ PATIENT'S PHONE: \_\_\_\_\_

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

PRECAUTION: \_\_\_\_\_

**EVALUATE AND TREAT**

**THERAPEUTIC EXERCISE**  
Active/Passive/Strengthening

**MANUAL MOBILIZATION**  
Joint/Soft Tissue

**TRACTION**  
Spinal Decompression  
Cervical/Lumbar

**MODALITIES**  
E Stim/Ultrasound/Heat  
Ice/Game Ready

**ANODYNE**

**OTHER :** \_\_\_\_\_

### SPECIALTY PROGRAM

**LYMPHEDEMA**

**ORTHOPEDIC REHAB**  
Hip/Knee Replacement  
Shoulder Surgery  
Rotator Cuff Repair

**AQUATIC THERAPY**

**LSVT BIG™**  
Lee Silverman Voice Treatment  
For Parkinsons Disease and Other Neurological Disorder

**DIABETIC NEUROPATHY**

**VESTIBULAR REHAB**  
Epley's Maneuver

**SPORTS INJURY REHAB**  
ACL Injury/Shoulder Injury  
Foot and Ankle Injury

**SPINE REHAB/MCKENZIE**  
Low Back/Neck pain  
Headaches Syndromes

**STROKE RECOVERY PROG**

**SPORTS INJ PREVENTION**  
Sportmetrics©

**WEIGHT LOSS**  
Adult/Pediatric

**PLANTAR FASCIITIS**

**WORK INJURY REHAB**

**WORK CONDITIONING**

**SILVER SNEAKERS/SILVER FIT©**

**ACTIVITY PRESCRIPTION**

- PRE-ORTHOPEDIC SURGERY EXERCISE
- ONCOLOGY/POST CANCER CONDITION EXERCISE
- PHASE 3 CARDIAC REHAB EXERCISES

- BALANCE AND FALL PREVENTION
- GEN. EXERCISE FOR DISEASE PREVENTION
- PRE-POST BARIATRIC SURGERY EXERCISE

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

FREQUENCY: \_\_\_\_\_ TIMES PER WEEK FOR \_\_\_\_\_ WEEKS

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_