



165 N. Redwood Dr., Suite #120  
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# Prescription Form

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

Diagnosis: \_\_\_\_\_

Precautions / Comments: \_\_\_\_\_

**PHYSICAL THERAPY**     Evaluate and Treat \_\_\_\_\_ x / week \_\_\_\_\_ weeks

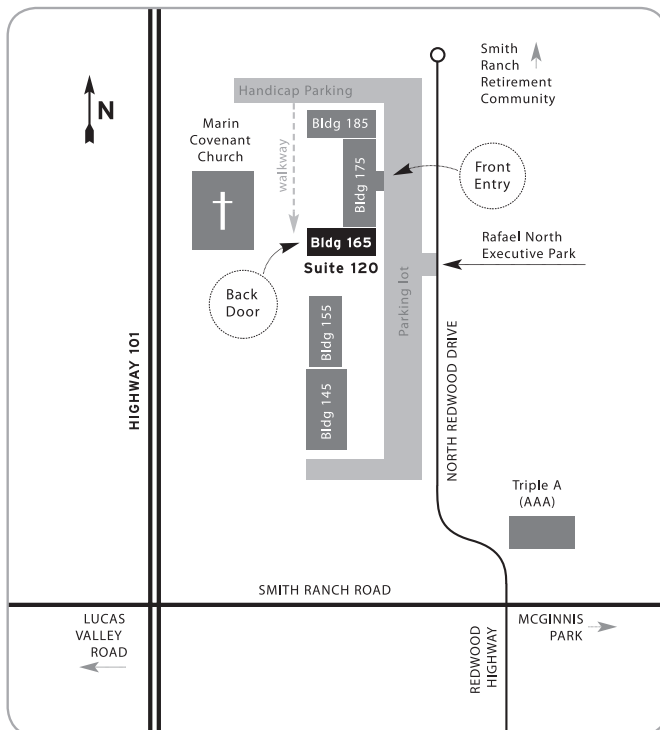
**SPORTS TRAINING & BIOMECHANICAL ANALYSIS**

- Soft tissue mobilization
- Range of motion
- Joint mobilization
- Stretching
- Strengthening
- Taping
- Proprioception
- Modalities

- Extension program
- Flexion program
- Biofeedback
- Spinal stabilization program
- Balance / Vestibular training
- Home exercise instruction
- Gym instruction
- Orthotic casting and fabrication

- Bike fitting
- Video analysis
- Taping / Bracing
- Coaching / Training

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



## DRIVING DIRECTIONS:

- Exit highway 101 east on Smith Ranch Road.
- Take an immediate left (approximately 0.1 mile) on North Redwood Drive.
- Turn left into the parking lot of Rafael North Executive Park (approximately 0.25 mile).
- Park to the right and use the stairs in front of building 175.
- For handicap access, drive around the north end of the building, park, enter back door by level walk.