

## PHYSICIAN REFERRAL

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

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

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

- \_\_\_\_ Evaluate and Treat  
\_\_\_\_ Exercise Program (i.e. home, gym)  
\_\_\_\_ Functional Conditioning  
\_\_\_\_ Therapeutic Exercise  
\_\_\_\_ Balance Training  
\_\_\_\_ Aquatic Therapy (Hanford only)  
\_\_\_\_ Modalities  
\_\_\_\_ Other \_\_\_\_\_

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

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

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

(Physician signature)

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

### SAME DAY APPOINTMENTS AVAILABLE

Referrals are accepted from any physician. A physician's order and diagnosis are required for evaluation and treatment. We accept most insurances including Medicare.

**Bacci & Glinn Physical Therapy, Inc.**  
Hanford: 559-582-1027  
Visalia: 559-733-2478



For more information on this and other topics, visit our website at:

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

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## DIABETIC PERIPHERAL NEUROPATHY

### BACCI & GLINN PHYSICAL THERAPY, INC.

*"Therapy with a Difference"*



# Diabetic Peripheral Neuropathy

## What is Diabetic Peripheral Neuropathy?

Diabetic neuropathy is a nerve disorder commonly caused by diabetes. High blood sugar levels from diabetes can damage nerves throughout the body. About 50% of people who have diabetes will get diabetic neuropathy. Along with autonomic neuropathy and focal neuropathy, **peripheral neuropathy** is a specific type of diabetic neuropathy. **Peripheral neuropathy** is caused by damage to the peripheral nervous system.



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

## Signs and Symptoms of Diabetic Peripheral Neuropathy

- ◆ Tingling, tightness, or burning, shooting or stabbing pain in feet, hands, or other parts of the body.
- ◆ Reduced feeling or numbness, most often in the feet. Bone and joint deformities can develop, especially of the feet (such as Charcot foot).
- ◆ Greatly reduced or greatly increased sensitivity to light touch, temperature, or vibration.
- ◆ Weakness and loss of balance and coordination.
- ◆ Difficulty walking

At Bacci & Glinn Physical Therapy, we emphasize active patient involvement in both pain management and rehabilitation. Physical therapy is an essential component in the delivery of quality healthcare. The goal of physical therapy is to enhance and maximize our patients' health, function and quality of life.

## Treatment Options

There is no cure for diabetic neuropathy. Treatment focuses on slowing the progression of the disease. Your physician will determine the best treatment for your peripheral neuropathy, which may include physical therapy. The therapists at Bacci & Glinn Physical Therapy, Inc. will perform a thorough evaluation and design a specific treatment program to address your individual needs, which may include some or all of the following:

- ◆ Education on disease process, fall prevention, diabetic foot care, and home exercise instruction.
- ◆ An individualized exercise program, including stretching, strengthening, and balance training.
- ◆ Transcutaneous electrical nerve stimulation (TENS) (used to help reduce pain by applying brief pulses of electricity to nerve endings in the skin)
- ◆ Anodyne Therapy system utilizing monochromatic near-infrared photo energy. Studies have shown this modality to improve blood flow, decrease pain, and improve sensation.

The above information is from the following websites: [www.headtoetoe.apta.org](http://www.headtoetoe.apta.org) & [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)