

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- ____ Evaluate and Treat
____ Exercise Program (i.e. home, gym)
____ Functional Conditioning
____ Therapeutic Exercise
____ Traction (Cervical)
____ Manual Therapy
____ 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

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HEADACHES

BACCI & GLINN PHYSICAL THERAPY, INC.

"Therapy with a Difference"

Rx Name: _____ Age: _____
Address: _____ Date: _____
LIC #12345
 Label
 No Substitution
Tel: 559-582-1027 Fax: 555-4321
Signature: _____ M.D.
REPEAT 1 2 3 4 5 PRN NR

Headaches

Headaches are very common, especially in today's fast-paced, stressful world. 65% of adults experience recurrent headaches. There are several different categories of headaches, including tension-type, migraines, cluster, and secondary headaches (organically caused).

The most common causes include:

- ◆ Alcohol, caffeine, or other drug use or withdrawal
- ◆ Dehydration
- ◆ Dental problems or procedures
- ◆ Emotional stress
- ◆ Eyestrain
- ◆ Fever
- ◆ High blood pressure
- ◆ Infection in the sinuses
- ◆ Medications
- ◆ Muscle strain or tightness in the neck, upper back, or shoulder muscles
- ◆ Upper respiratory infections

Treatment Options

- ◆ Physical therapy may include all or some of the following:
 - Pain control modalities such as ice, heat, ultrasound, and electrical stimulation
 - Traction
 - Soft tissue/joint mobilization
 - Exercise program that emphasizes stretching shortened muscles and strengthening weak muscles.
 - Postural exercises
 - Body mechanics training (including workplace ergonomics)

In addition, drug therapy, biofeedback and relaxation training, stress reduction, and elimination of certain foods from the diet are common methods of preventing and controlling headaches.

References: <http://headtotoe.apta.org/topic/symptom/headache/overview.htm> and www.ninds.nih.gov/disorders/headache/detail_headache.htm

When to See a Physician

- ◆ Sudden, severe headache
- ◆ Sudden, severe headache associated with a stiff neck
- ◆ Headache associated with fever
- ◆ Headache associated with convulsions
- ◆ Headache accompanied by confusion or loss of consciousness
- ◆ Headache following a blow to the head
- ◆ Headache associated with pain in the eye or ear
- ◆ Persistent headache in a person who has previously been headache free
- ◆ Recurring headache in children
- ◆ Headache which interferes with normal life

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.