

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- ____ Evaluate and Treat
____ Exercise Program (i.e. home, gym)
____ Functional Conditioning
____ Therapeutic Exercise
____ Gait/Balance Training
____ Manual Therapy
____ 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

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For more information on this and other topics, visit our website at:
www.bandgpt.com

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HIP REPLACEMENT

**BACCI & GLINN
PHYSICAL THERAPY, INC.**

"Therapy with a Difference"



Hip Replacement Rehabilitation

Falls are one of the most common causes of hip fractures in the U.S. today, with 90% of the more than 352,000 hip fractures in the U.S. each year resulting from a fall.¹ Hip fractures are treated with an open or closed reduction, with or without internal fixation whenever practical, or a nonelective hip replacement. In 2004 alone, a total of 240,000 partial hip replacements (hemiarthroplasty) were performed.²

Hip replacements involve removing any damaged bone and cartilage and replacing it with artificial parts. Other reasons for a hip replacement are severe pain from arthritis and hip joint tumors.

Treatment Options

- ◆ Physical therapy which may include all or some of the following:
 - Pain control modalities such as ice, heat, ultrasound, and electrical stimulation
 - Manual therapy including joint & soft tissue mobilization
 - Gait/Balance training
 - Individualized exercise program which will include flexibility, strengthening, & endurance training
 - Patient education, including hip precautions

Hip Precautions

- ◆ Avoid bending forward at the waist
- ◆ Keep your knees below the level of your hips
- ◆ Avoid crossing your legs or ankles
- ◆ While lying down, use a pillow between your legs to keep hips aligned
- ◆ Avoid twisting your leg in or out

Together with post-operative rehabilitation, hip replacements usually result in a decrease in pain, and an increase in mobility which leads to improvements in activities of daily living and quality of life.

References:

1. Falls and Hip Fractures. http://orthoinfo.aaos.org/fact/thr_report.cfm&topcategory=Hip&Thread_ID=77.
2. National Hospital Discharge Summary; 2004.
3. www.nlm.nih.gov/medlineplus/ency/article/002975.htm.
4. www.niams.nih.gov/Health_Info/Hip_Replacement/default.asp.



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.