



Manual Therapy

Hands On Treatment

Recover. Recharge. Rise.

Manual Therapy Can Help With:

- Neck Pain
- Low Back Pain
- Thoracic Spine/Mid-back Pain
- Headaches
- TMJ Dysfunction
- · Hip Pain
- Knee Pain
- · Ankle Pain
- Shoulder Pain
- Fibromyalgia

The term manual therapy refers to a hands-on treatment of muscles, tendons, ligaments, and joints as opposed to using a device or machine. In manual therapy, therapists use their hands on muscles and joints to decrease pain caused by muscle spasm, muscle tension, and joint dysfunction.

Manual Physical Therapists focus on specific motions that take place between joint surfaces that allow for normal joint activity. For example: Why can't this patient bend the knee? What specific joint movements or soft tissue restrictions are present that are limiting motion?

Manual Physical Therapists use specific hand placements along with precise application of forces to restore normal movement of joints and soft tissues. We utilize a variety of hands-on techniques such as Active Release Techniques (ART), Myofascial release (MFR), Acupressure, instrumented assisted soft tissue mobilization (ASTYM), and various forms of joint mobilization. Evaluation findings and patient values will guide the techniques utilized to restore normal movement and function.

Manual Therapy Techniques aim to:

Grand Blanc: (810) 695-8700 Flint: (810) 732-8400 Davison: (810) 412-5100

> Clio: (810) 687-8700 Fenton: (810)354-7522

Goodrich: (810) 636-8700 Waterford: (248) 618-3050 Clarkston: (248) 620-4260 Hartland: (810) 632-8700

IMPORTANTBring this prescription and any HMO referral, Auto or Worker's Comp authorizations on your first day.



Physician Signature

☐ PRESCRIPTION		
Physical Therapy Center Part of the Phoenix family! DatePatient Phone Number Name Diagnosis Precautions Physical / Occupational / Ha		Clarkston (248) 620-4260 Fax (248) 620-4239 Waterford (248) 618-3050 Fax (248) 618-3284 Fenton (810) 354-7522 Fax (810) 355-4873
□ EVALUATE AND TREAT PER CARE PLAN □ HOME EXERCISE PROGRAM □ SELF-CARE EDUCATION	□ THERAPEUTIC EXERCISE □ Passive ROM □ Active-Assisted ROM □ Progressive Resistive Exercise	□ MANUAL MOBILIZATION □ NEUROMUSCULAR RE-EDUCATION □ THERAPEUTIC ACTIVITIES
□ EXERCISE: □ AlterG Anti-Gravity Treadmill □ Aquatic Therapy □ Cervical/Lumbar Strengthening □ Core Strengthening □ Gait and Balance Training □ WB Status: □ MedX Testing/Rehab □ Sports Rehab □ MANUAL TECHNIQUES: □ CranioSacral Therapy □ Functional Dry Needling □ Graston Technique □ Joint Mobilization □ Myofascial Decompression □ Myofascial Release □ Soft-Tissue Massage	□ MODALITIES: □ Biofeedback □ Traction □ Cervical □ Pelvic □ Contrast Bath/Whirlpool □ Electrical Stimulation □ Game Ready Pneumatic Compression □ Hivamat Deep Oscillation Therapy □ Iontophoresis □ Light/Laser Therapy □ TENS □ Ultrasound/Phonophoresis □ WellWave Acoustic Compression Therapy	□ HAND THERAPY: □ ADL Activities: □ Orthotic Fabrication: □ Paraffin Bath/Fluidotherapy □ Pinch/Grip Strengthening □ Scar Massage/Desensitization □ Tendon Repair Protocol: □ PROGRAMS □ Advanced Spine & Neck Rehab □ Bone Health Program □ Concussion Program □ Functional Capacity Evaluation □ Work Reconditioning/Hardening □ Return-to-Work Assessment □ Disability Screening □ Lymphedema Treatment □ Parkinson's LSVT Big Program □ Pelvic Floor Therapy □ Women's Health Program □ Sportsmetrics □ Vestibular Rehab □ TMJ Disorder Rehab
I a certify that I have examined the patient while the patient is under my care, and that	eekly 🗅 Daily Number of onths	necessary, and that services will be furnished every ninety (90) days or more often if the

NPI#

Date