

SEVERNA PARK
551 Balt. / Annapolis Blvd.
Severna Park, MD 21146
410-315-9080
Fax: 410-315-9012



CATONSVILLE
730 Frederick Road, Suite 202
Catonsville, MD 21228
410-719-8661
Fax: 410-719-8996

BOWIE
100 Whitmarsh Park Dr.
Bowie, MD 20715
301-262-5852
Fax: 301-262-3173

COLUMBIA (East)
7080 Deepage Drive
Columbia, MD 21045
410-381-7000
Fax: 410-381-3779

COLUMBIA (West)
5435 Beaverkill Rd.
Columbia, MD 21044
410-740-0883
Fax: 410-740-9970

LAUREL (North)
314 Marshall Avenue
LAUREL (South)
13946 Baltimore Ave.
Laurel, MD 20707
301-498-2212
Fax: 301-498-2213

Patient _____ Date _____

Dx _____ Frequency _____

Evaluate and treat Aquatic Therapy Land
 Physical therapy Occupational therapy

ACTIVITY

- AROM
- Therapeutic exercise
- Neuromuscular re-education
- Spinal stabilization
- Balance/coordination training
- Gait training
- Cardiovascular/endurance training
- Work reconditioning

MANUAL THERAPY

- PROM
- Joint mobilization
- Soft tissue techniques
- Myofascial release
- Manual Traction
- Strain/counterstrain

MODALITIES

- Moist Heat
- Ultrasound
- Phonophoresis
- Cryotherapy
- Electric stimulation
- Iontophoresis

EDUCATION

- Back school
- Postural education
- Home exercise program

Special Instructions: _____

Physician Signature: _____

Send more prescription pads.