

EAST TENNESSEE  
**SPINE & SPORT**  
 PHYSICAL THERAPY



**LOCATIONS:**

NORTH KNOXVILLE    WEST KNOXVILLE    HARDIN VALLEY    FARRAGUT    OAK RIDGE

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

Patient Phone \_\_\_\_\_

Date of Injury \_\_\_\_\_

Diagnosis	Precautions
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**Cardiovascular Status**

- I am unaware of any contraindications to start a progressive exercise program  
 I am not sure of my patient's capacity level.

**Procedure Request**

- Physical therapy evaluation/treatment
- Spine (MedX,™ REPEX™ included)
- Lumbar
- Cervical
- Thoracic
- Shoulder
- Elbow
- Hand / Wrist
- Hip / Thigh
- Knee
- Ankle / Foot
- Other \_\_\_\_\_

**Additional Procedures**

- Home Exercise Program
- Work Conditioning
- Alter G Anti-Gravity Treadmill
- \_\_\_\_\_ % Weight Bearing
- \_\_\_\_\_ To Pain Tolerance
- Modalities \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Functional Capacity Evaluation

**Treatment Request**

I estimate these services will be needed 2 or 3 times per week for:

- 2 weeks       3 weeks       4 weeks       other \_\_\_\_\_

Patient should recheck with physician in \_\_\_\_\_ weeks.

**Physician's Signature** \_\_\_\_\_

**\* Please bring this form to your initial physical therapy visit \***

# LOCATIONS

## **NORTH KNOXVILLE**

4905 North Broadway  
Knoxville, TN 37918  
(P) (865) 689-8299 • (F) (865) 689-9804  
north@easttnspinesport.com

## **WEST KNOXVILLE**

150 N. Martinwood Road, Suite D-402  
Knoxville, TN 37923  
(P) (865) 691-5020 • (F) (865) 691-5009  
west@easttnspinesport.com

## **HARDIN VALLEY**

2531 Willow Point Way  
Knoxville, TN 37931  
(P) (865) 691-5020 • (F) (865) 691-5009  
west@easttnspinesport.com

## **FARRAGUT**

157 West End Avenue  
Knoxville, TN 37934  
(P) (865) 951-7310 • (F) (865) 951-7340  
farragut@easttnspinesport.com

## **OAK RIDGE**

142 Fairbanks Road, Suite 150  
Oak Ridge, TN 37830  
(P) (865) 888-5431 • (F) (865) 888-5432  
oakridge@easttnspinesport.com