

EAST TENNESSEE  
**SPINE & SPORT**  
PHYSICAL THERAPY



**LOCATIONS:**

- NORTH KNOXVILLE     WEST KNOXVILLE     HARDIN VALLEY  
 FARRAGUT     OAK RIDGE     LENOIR CITY

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
  - Pelvic Health
  - 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
- Dry Needling

**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 D402 • Knoxville, TN 37923  
P: (865) 691-5020 • F: (865) 691-5009  
west@easttnspinesport.com

## **HARDIN VALLEY**

*(Inside VitalSigns Gym)*

2531 Willow Point Way • Knoxville, TN 37931  
P: (865) 599-5323 • F: (865) 328-4133  
hardinvalley@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

## **LENOIR CITY**

501 Adesa Blvd, Suite A140 • Lenoir City, TN 37771  
P: (865) 333-1461 • F: (865) 263-9265  
lenoircity@easttnspinesport.com

*easttnspinesport.com*