
Patient's Role

In the [COMPANY NAME] Physical Therapy Program

You are now on the road to **success!** The Physical Therapist has evaluated your condition and will design a treatment plan to meet your needs. In order to **maximize** your recovery it is important for you to understand the following...



You and the [COMPANY NAME] team will work together in achieving your goals! This means you may see different people during the course of your care. The physical therapist will ensure your success by overseeing all your care and improvement.

Do your part!

Our job is teaching you how to get better, and we'll provide you with the tools to do so. It's your job to **do** it. If you don't, chances are, you won't improve to your potential.

Let us know if there is anything getting in the way of your improvement. We want to know.

➤ Precautions & things you **should not** do:

➤ Things you **should** do:

Take frequent breaks _____

Heat _____

Ice _____

Ice & heat packs are available at the front desk

Exercises:

Goal #1 _____ #2 _____

If you experience some **soreness** after the initial examination, don't worry it is common. Sometimes in order for us to accurately determine the cause of your pain or problem, we may have to provoke some pain. If it doesn't return to normal within a few days let us know.

If you have any questions at all, please call us at **(909) 279-0777**.

The appointments below should be scheduled before a re-evaluation. At which time the therapist will determine whether or not more treatments will be necessary.

Appointments to be scheduled*: ___ times per week, for ___ weeks _____Initials

Patient Code: Comprehensive Extended Intermediate Brief

**The recommended frequency and duration of appointments by your physician may differ from that of the therapist.*

Please **present this sheet to the front office person after your evaluation.**