
Patient's Role

In the Star Rehabilitation Program

You are now on the road to **success!** You have completed the examination portion of your program and will now embark on a plan for success. In order to **maximize** your recovery it is important that you to understand the following...

You and the Star team will work together

in achieving your goals! This means you may occasionally 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 tools on how 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.

1. Precautions & things you **SHOULD NOT** do:

2. 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 the number below.

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*: ___ x per week. Follow-up with PT after _____ visit(s). _____Initials

Patient Code: ___Comprehensive ___Intermediate ___Limited ___Brief

Special Classes: ___Back Education ___Back/Abd Class ___Shoulder ___Knee

**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.****