

Patients Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Injury: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_ X-Ray / MRI Results: \_\_\_\_\_

Phone (cell): \_\_\_\_\_ Phone (home): \_\_\_\_\_

**Physical Therapy Evaluate & Treat**

**THERAPEUTIC PROCEDURES**

- Flexibility/ROM
- Strengthening
- Spinal Stability - Core & Pelvic Floor
- Gait Training
- Balance/Stability/Fall Prevention
- Biomechanics & Posture
- Eccentrics
- Traction

- Manual Therapy
- Spine/Joint Mobilization
- Graston/ASTYM
- Neural Mobilization
- Edema Management/Lymphatic Drainage
- Pre-Surgical Therapy & Education
- Modalities (E-Stim, Ultrasound, Ionto)
- Functional Movement Assessment & Correction

**SPECIALTY SERVICES**

- Aquatic Physical Therapy
- Fitness/Wellness/Lifestyle Consultation  
(Kathleen Berg)
- Personal Training (Kathleen Berg)
- Clinical I : I Yoga (Kendra Womack Ickes, E-RYT)
- Athletic Training/Return to Play/Functional Assessment (Seth Rede LAT,ATC, CAFS)
- Other: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Frequency/Duration: \_\_\_\_\_ days a week, for \_\_\_\_\_ weeks \_\_\_\_\_  PT Discretion

*"In the end it is not the years in your life that count,  
it's the life in your years."*

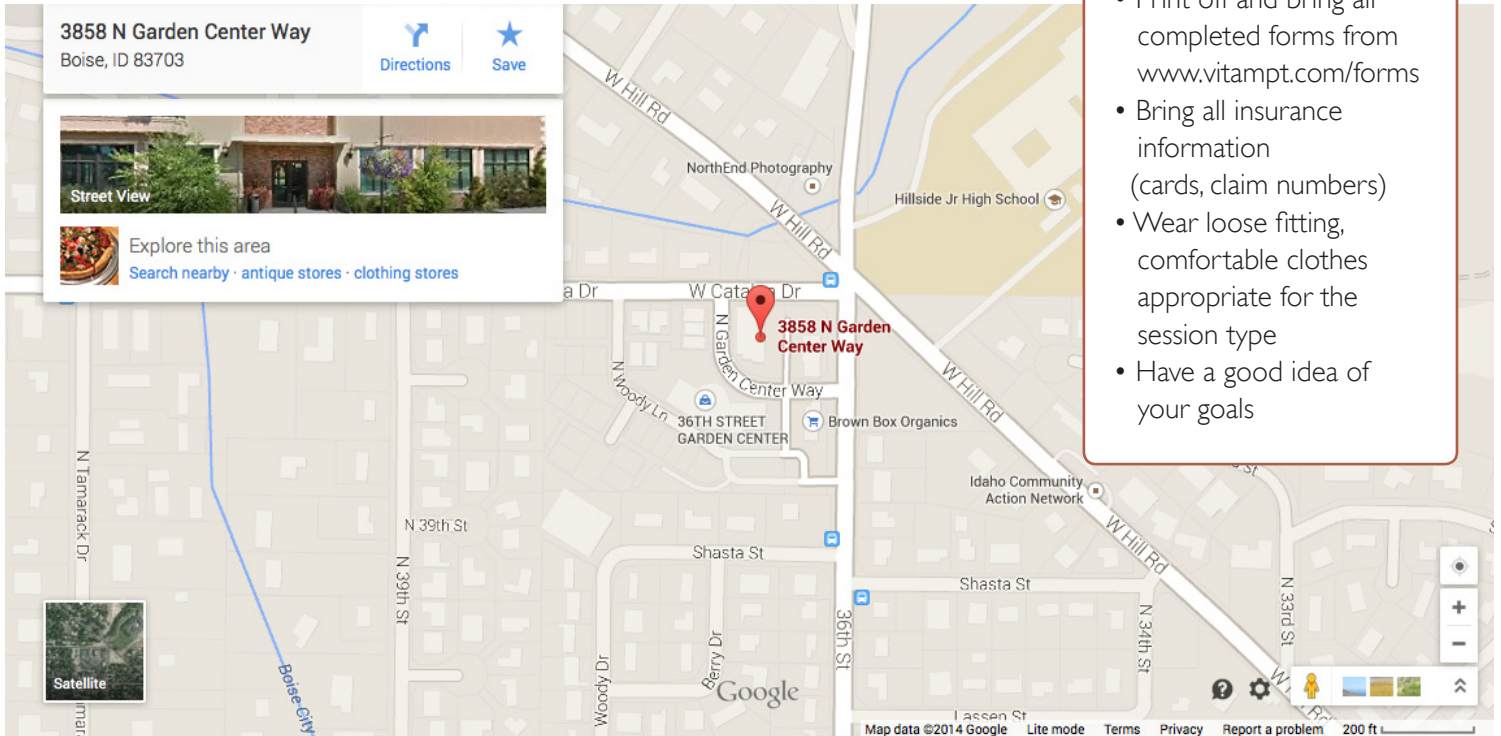
Abraham Lincoln

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

\_\_\_\_\_  
**Physician's Name** (please print)

**Patient Information:**

We are conveniently located in Boise's Northend in the Garden Plaza on 36th (Catalpa) and Hill Road



**Suggestions for your 1st Visit**

- Bring this referral
- Print off and bring all completed forms from [www.vitamp.com/forms](http://www.vitamp.com/forms)
- Bring all insurance information (cards, claim numbers)
- Wear loose fitting, comfortable clothes appropriate for the session type
- Have a good idea of your goals

**Aquatic Therapy Sessions are located in the Campus Recreation Center on Boise State's Campus.** (Across from the Bookstore and next to the Lincoln St. parking garage) Enter the building on University Drive at the big red star sculpture. We will reimburse you for parking expense. Note the number of the space you park in. Pay at machine (credit or cash/change) located by the stairwell/elevator on each floor of the Lincoln St. Parking Garage and bring us bring us your receipt.

Vitam is a private, locally owned physical therapy and training studio offering empowering and nurturing integrative therapies to the Boise community and beyond. We utilize a personalized, functional and holistic approach to rehabilitation, injury prevention, performance enhancement, and optimization of the ability to enjoy and participate in life. We are the destination of choice for those who are committed and invested in their plan of care. You, your journey and your goals are the inspiration of Vitam. As a member of the Vitam community, you will receive focused attention and effective individualized care that is delivered with respect, presence, quality, and efficiency. We will collaborate with you to identify and achieve your goals. We embody our core values with every session. We honor this decision you have made to invest in your health & life. We look forward to meeting you! **To Life ("vit""vata"Vitam)!**

