



HIGHLANDS

PHYSICAL THERAPY & SPORTS MEDICINE

Montville

137 Main Rd., Suite 301

Montville, NJ 07045

Office: 973-794-4100

Fax: 973-794-4222

www.highlandspt.com

Matthew Mandel, PT, DPT, CSCS
Owner / Director

Patient Name: _____ Date: _____

Diagnosis: _____

Precautions: _____

Frequency: _____ times per week for _____ weeks.

EVALUATE & TREAT

Manual Therapy

- Soft Tissue Mobilization (STM)
- Instrument Assisted STM
- Myofascial Release
- Joint Mobilization

Therapeutic Exercise

- Passive ROM
- Active ROM
- Active Assistive ROM
- Progressive Resistive Exercise
- Strengthening/Conditioning
- Endurance Training
- Flexibility

Home Corrective Exercise Program

Sports Specific Training

Weight Loss / Nutrition / Fitness

Post Operative Rehabilitation Protocol for _____
Date of Surgery _____

Orthotic Fabrication & Fitting: _____

Other: _____

Therapeutic Activities

- Body Mechanics
- Functional Training
- Corrective Exercises
- Closed Chain Exercise

Neuromuscular Re-education

- Postural Training
- Core Stabilization
- Balance / Proprioceptive Training

Vestibular Rehab/CRT for BPPV

Gait Training

Work Conditioning

Modalities as per PT discretion

SPECIAL INSTRUCTIONS: _____

The above plan of care is established and will be reviewed every 30 days. I certify the medical necessity of therapy.

Physician's Signature: _____ Date: _____

DO NOT EMAIL PRESCRIPTION The electronic prescription form is provided for your convenience. With respect to responding to this form, please do not send the prescription via email. Please populate, print and sign a hardcopy that may be faxed, mailed or hand delivered to the clinic.



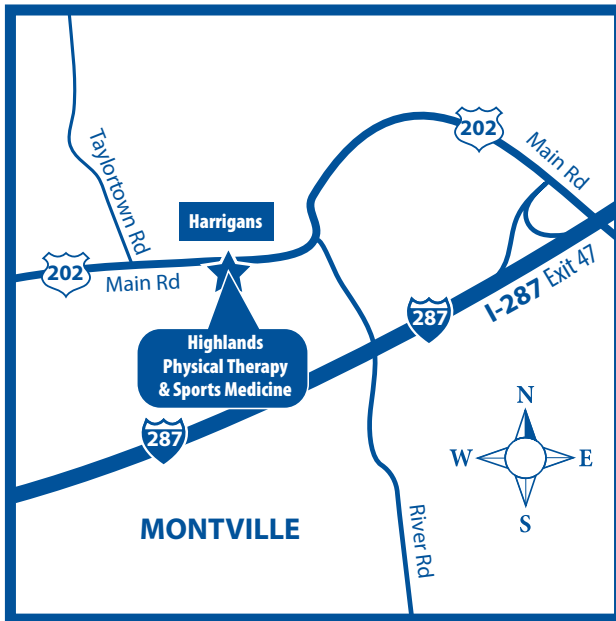
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Highlands Physical Therapy & Sports
Medicine is featured on PTandMe.com!



DIRECTIONS FROM I-287 SOUTHBOUND:

- **Exit #47** - Montville
- Turn **Left** at the light onto US-202
- Stay **Right** on 202/Main Rd at the S curve
- On the **Left** hand side

DIRECTIONS FROM I-287 NORTHBOUND:

- **Exit #47** - Montville
- Yield **Right** at the exit onto US-202
- Stay **Right** on 202/Main Rd at the S curve.
- On the **Left** hand side

JUST A REMINDER:

- Please bring this referral slip with you on your first visit.
- Please arrive 15 minutes before your scheduled appointment to complete the necessary paperwork.
- The evaluation (1st visit) usually lasts 1 hour.

WHAT TO WEAR:

- Please wear comfortable clothing.