

NORTHERN LIGHTS



PHYSICAL THERAPY

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(Located next to Shoe Carnival and TJ Maxx in the Pinehurst Shopping Center, Bismarck)

911 West Interstate Avenue, Suite 12, Bldg. 3
Bismarck, ND 58503

Office: 701-223-8717 Fax: 701-255-3957
www.northernlightspt.com

Charity Iverson Harstad, PT, DPT
Owner

Patient Name: _____ Date: _____

Diagnosis: _____

Precautions: _____

Frequency: _____ times per week for _____ weeks.

EVALUATE & TREAT

Gait Analysis / Training

- Walking/Running Video Assessment

Manual Therapy

- Soft Tissue Mobilization
- Joint Mobilization

Therapeutic Exercise

- Passive ROM
- Active ROM
- Active Assistive ROM
- Progressive Resistive Exercise
- Strengthening
- Stabilization Program

Core Strengthening

- Closed Chain Exercise
- Posture/Body Mechanics
- Home Exercise Program

Neuromuscular Re-education

- Vestibular Rehabilitation**
- Balance Training**
- Fall Prevention Program**

Modalities

- Moist Heat
- Ice
- Ultrasound
- Electrical Stimulation
- Massage
- Iontophoresis
- Paraffin
- Cold Laser

Sports Specific Training / Rehab

Other:

Post Operative Rehabilitation Protocol for _____

Date of Surgery _____

Bracing/Orthotic Fabrication & Fitting: _____

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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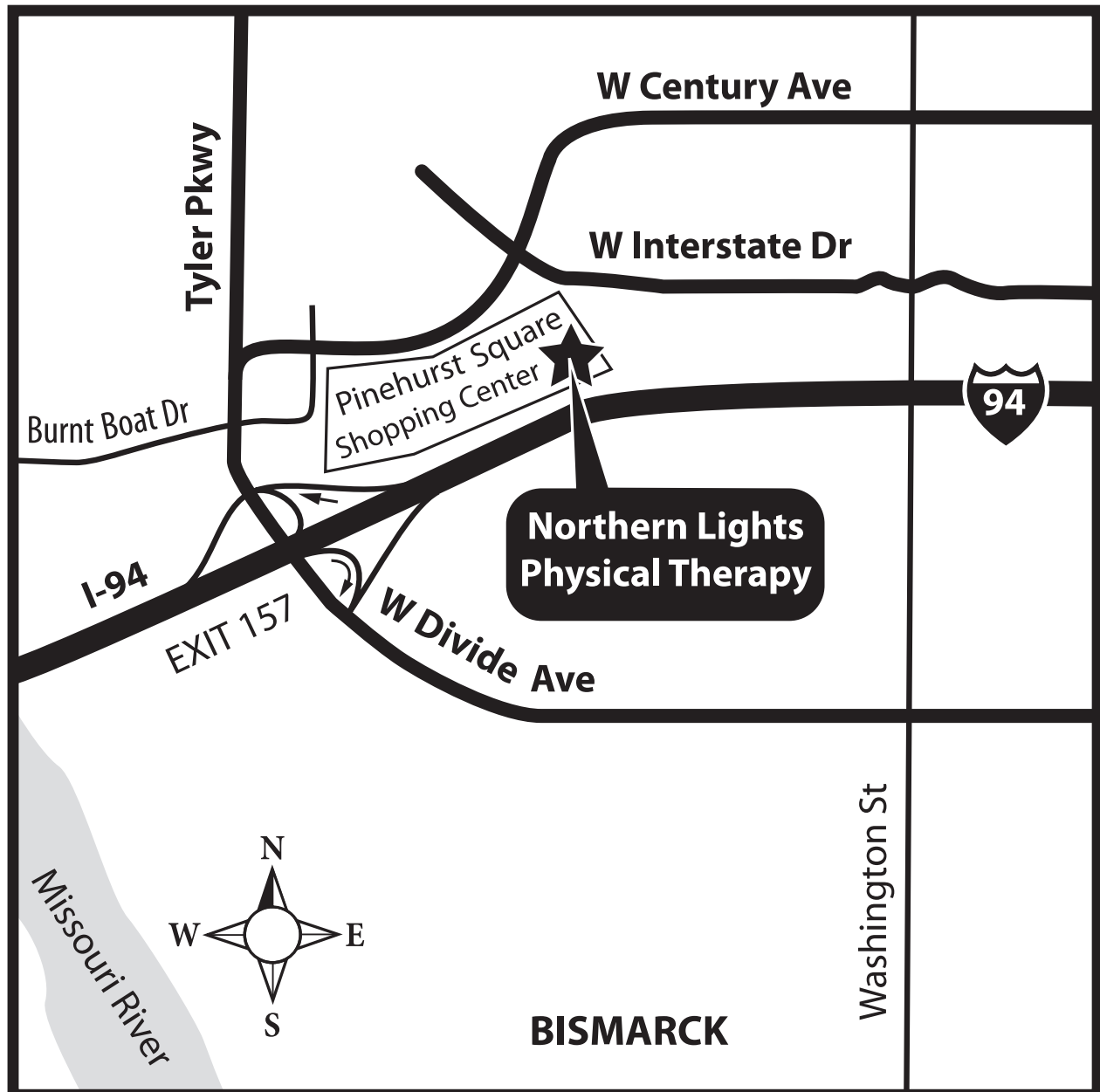
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Early & Late Appointments Available Upon Request



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) lasts up to 1 hour.

WHAT TO WEAR:

- Please wear comfortable clothing.