

Sheridan L. Peck MS, OTR/L
Occupational Therapist

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Physical Therapist

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To end your pain, we team up on a world of hurt:

- Neck or back pain
- Headache & TMJ pain
- Work Injuries
- Shoulder, elbow, or hand pain
- Post surgery rehabilitation / Recovery
- Chronic Pain
- Arthritis
- Neurological and Circulatory Conditions
- Sports Injuries
- Sprains and fractures

-Rehabilitation Prescription-

Patient Name: _____

Phone Number: _____

Diagnosis: _____

Comments: _____

Date: _____ Next Physician Visit: _____

- Evaluate and Treat Functional Capacity Evaluation
 Work Hardening Jobsite Analysis First Aid Intervention
 Work Conditioning

Modalities

- Electrical Stim
- Ultrasound
- Iontophoresis
- Tens Unit
- Traction-Cervical
- Traction-Lumbar
- Parafin/Fluidotherapy
- Cold/Heat
- ElectroAcupoint Stim

Manual Therapy

- Mobilization
- Manipulation
- Instrument Assisted Stim
- Myofascial Release
- Massage/STM

Therapeutic Exercise

- Range of Motion
- Resistive Exercises
- Neuromuscular Re-education

- Aerobic/Conditioning
- L/S Stabilization
- C/S Stabilization
- Home Program

Education

- Spinal Mechanics
- Neck-Arm Mechanics
- Job Coaching
- Posture Training
- Home Ex Program
- Gait Training
- Transfer Training

Equipment/Supplies

- Splints
- Bracing
- Lumbar Corset
- Home Traction
- Pulleys
- Topical Analgesic
- Tens Unit/NMES Unit

Physician Signature: _____

Visit Frequency: _____ Duration: _____

