

# PRE-OPERATIVE THERAPY

Patient Name: \_\_\_\_\_

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

Surgical Procedure: \_\_\_\_\_

Precautions: \_\_\_\_\_

Frequency: \_\_\_\_\_ times a week    Duration: \_\_\_\_\_ weeks

Physical Therapy     Occupational Therapy

**EVALUATE, TREAT AND HOME EXERCISE PROGRAM**

**2 WEEKS POST OPERATIVE EVALUATION AND TREATMENT**

Shoulder Program

Back/Hip Program

Neck Program

Knee Program

Elbow Program

Ankle/Foot Program

Hand Program

## MODALITIES:

Hot Packs

TENS Unit/Instructions

Cold Packs

Fluidotherapy

Electrical/Muscle Stimulation

Other: \_\_\_\_\_

Massage/Manual Therapy

## EXERCISE:

Passive ROM

Active Assisted ROM

Active ROM

Resistive ROM

Next scheduled physician appointment: \_\_\_\_\_

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

Date: \_\_\_\_\_

**Altus**  
301 E Broadway  
Altus, OK 73521  
(580) 477-3305  
(580) 477-2423 fax

**Guthrie**  
1726 S Division St, Ste A  
Guthrie, OK 73044  
(405) 293-6138  
(405) 293-6252 fax

**Norman**  
708 24th Avenue NW, Ste 100  
Norman, OK 73069  
(405) 321-5969  
(405) 321-5967 fax

**Purcell**  
1907 S Green Ave  
Purcell, OK 73080  
(405) 527-3524  
(405) 527-3536 fax

**Chickasha**  
**(Inside Southern Plains Medical)**  
2222 W Iowa Ave  
Chickasha, OK 73018  
(405) 222-9537  
(405) 222-9566 fax



**Lawton**  
4645 W Gore Blvd  
Lawton, OK 73505  
(580) 355-6785  
(580) 355-6788 fax



**OKC Northpark**  
2820 NW 122nd St, Ste A  
Oklahoma City, OK 73120  
(405) 749-6720  
(405) 749-1066 fax

**Shawnee**  
3306 N Kickapoo, Ste 200  
Shawnee, OK 74804  
(405) 214-9808  
(405) 214-9389 fax

**Duncan**  
1507 Brookwood Ave  
Duncan, OK 73533  
(580) 252-9159  
(580) 255-2158 fax

**Midwest City**  
7005 SE 15th St, Ste 200  
Midwest City, OK 73110  
(405) 610-2488  
(405) 610-2484 fax

**OKC Midtown**  
621 NW 6th St  
Oklahoma City, OK 73102  
(405) 553-1501  
(405) 553-1003 fax

**Yukon**  
1115 Garth Brooks Blvd  
Yukon, OK 73099  
(405) 354-6698  
(405) 354-6609 fax



**Elgin**  
8355 US HWY 277  
Elgin, OK 73538  
(580) 492-1112  
(580) 492-1113 fax

**Mustang**  
153 E State Hwy 152  
Mustang, OK 73064  
(405) 376-3535  
(405) 376-3583 fax



**OKC South**  
8409 S Western  
Oklahoma City, OK 73139  
(405) 616-0113  
(405) 616-0116 fax

**Edmond**  
1425 S Santa Fe Ave, Ste E  
Edmond, OK 73003  
(405) 285-8845  
(405) 285-8848 fax

**Newcastle**  
300 NW 32nd St  
Newcastle, OK 73065  
(405) 387-4220  
(405) 387-4222 fax

**Piedmont**  
13100 Colony Pointe Blvd, Ste 108  
Piedmont, OK 73078  
(405) 283-9774  
(405) 283-9776 fax



Special Instructions:  
\_\_\_\_\_  
\_\_\_\_\_

## PRE-OPERATIVE DESCRIPTION

Range of Motion (ROM)

Strengthening

Functional Mobility

Conditioning

Gait Training

Patient Education

*(PRICE and Self Management)*

Assistive Device Technique

*(walker, crutches, cane)*

**Referral Line**  
405-605-8638

[www.valir.com](http://www.valir.com)

Rev 1/3/17