

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 _____

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

Enid
225 W Owen K Garriott Rd
Enid, OK 73701
(580) 237-7896
(580) 233-6699 fax



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

Piedmont
13100 Colony Pointe Blvd, Ste 108
Piedmont, OK 73080
(405) 283-9774
(405) 283-9776 fax

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

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

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

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

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

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

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

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

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

Memorial Springs
13100 N Western, Ste 302
Oklahoma City, OK 73114
(405) 749-6720
(405) 749-1066 fax



OKC Midtown
700 NW 7th 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

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

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

Date: _____

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www.valir.com

Referral Line: 405-605-8638

