

## PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Traction
- Modalities
- Other \_\_\_\_\_

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Frequency: \_\_\_\_\_ X per week for \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

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

# Physical Therapy for ELBOW/WRIST PAIN



### Visalia Office

5533 W. Hillsdale Ave., Suite A  
Visalia, CA 93291  
(559) 733-2478 phone  
(559) 733-2470 fax

### Hanford Office

331 North 11th Ave.  
Hanford, CA 93230  
(559) 582-1027 phone  
(559) 582-8105 fax

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

Conveniently Located  
Same-day Appointments Possible  
Most Insurance Accepted  
Cash / Check / Credit Cards Accepted



Recover your quality of life  
without drugs, side effects or surgery.  
Physical therapy is the clear choice!

We accept referrals from any physician.  
Most insurance plans are accepted.  
Please give us a call for more information.

**Bacci & Glinn Physical Therapy, Inc.**

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**Hanford:** (559) 582-1027 phone • (559) 582-8105 fax

Choose Physical Therapy to relieve

# ELBOW/WRIST PAIN

Recover your quality of life

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Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

### Conditions we have successfully treated:

- Tendonitis
- Wrist Fractures/Breaks
- Carpal Tunnel Syndrome
- Nerve Injuries/Entrapment
- Tennis/Golfer's Elbow
- Arthritis\*
- Overuse Injuries

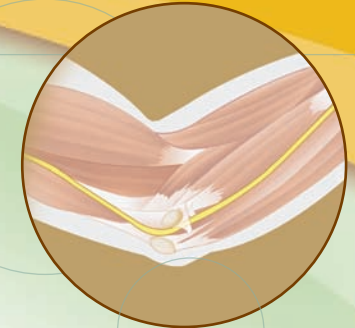
### What are my treatment options?

- Drugs
- Surgery
- Corticosteroid Injections
- Physical Therapy\*

### Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research\*
- Customized to treat the underlying cause

If you're ready for relief,  
and tired of "masking" your pain,  
treat the cause, not just the symptoms!



### Your Recovery Process:

- Pain relief
- Activity Modification
- Recovery of mobility/stability
- Increased strength
- Improved function
- Independent care

### Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- Ergonomic Advice/Activity Modification
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- OTC or Custom Splinting/Bracing as needed

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

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\*Cited from the academic journal, Journal of Hand Therapy, 2007, 20(3), 244-250

