

## PHYSICIAN REFERRAL

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

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

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

- Evaluate and Treat  
 Exercise Program (i.e. home, gym)  
 Functional Conditioning  
 Therapeutic Exercise  
 Gait/Balance Training  
 Manual Therapy  
 Aquatic Therapy (Hanford only)  
 Modalities  
 Other \_\_\_\_\_

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

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

Signature: \_\_\_\_\_  
(Physician signature)

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

### SAME DAY APPOINTMENTS AVAILABLE

Referrals are accepted from any physician. A physician's order and diagnosis are required for evaluation and treatment. We accept most insurances including Medicare.

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

Hanford: 559-582-1027

Visalia: 559-733-2478



For more information on this and other topics, visit our website at:  
[www.bandgpt.com](http://www.bandgpt.com)

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## KNEE REPLACEMENT

### BACCI & GLINN PHYSICAL THERAPY, INC.

*"Therapy with a Difference"*



# Knee Replacement Rehabilitation

The most common cause of chronic knee pain and disability is arthritis. If conservative methods of treatment, such as medication and activity level changes are unsuccessful in managing the pain and disability, a knee joint replacement may be necessary. A knee replacement involves removing damaged cartilage and bone and resurfacing the joint with metal and plastic implants. Joint replacements are becoming more common; approximately 478,000 knee replacements were performed in 2004. The most common age group to have a joint replacement is between 60 and 75 years of age, although patients under 60 and over 75 have had successful results.

From [www.niams.nih.gov/Health\\_Info/Knee\\_Problems/default.asp](http://www.niams.nih.gov/Health_Info/Knee_Problems/default.asp) and [www.aaos.org](http://www.aaos.org)

## Treatment Options

- ◆ Physical therapy may include all or some of the following:
  - Pain control modalities such as ice, heat, ultrasound, and electrical stimulation
  - Manual therapy including joint & soft tissue mobilization
  - Gait/Balance training
  - Individualized exercise program which will include flexibility, strengthening, & endurance training



## Activity After Surgery

Dangerous activity after surgery:

- Jogging or running
- Contact sports
- Jumping sports
- High impact aerobics

Activity exceeding usual recommendations after surgery:

- Vigorous walking or hiking
- Skiing
- Tennis
- Repetitive lifting exceeding 50lbs
- Repetitive aerobic stair climbing

Expected Activity After Surgery

- Recreational walking
- Swimming
- Golf
- Driving
- Light hiking
- Recreational biking
- Ballroom dancing
- Normal stair climbing

From <http://orthoinfo.aaos.org/topic.cfm?topic=A00389>.

At Bacci & Glinn Physical Therapy, we emphasize active patient involvement in both pain management and rehabilitation. Physical therapy is an essential component in the delivery of quality healthcare. The goal of physical therapy is to enhance and maximize our patients' health, function and quality of life.