PHYSICIAN REFERRAL

PATIENT'S NAME: __________________________________________________________

DIAGNOSIS: _______________________________________________________________

PRECAUTIONS: _____________________________________________________________

- Evaluate and Treat
- Exercise Program (i.e. home, gym)
- Functional Conditioning
- Therapeutic Exercise
- 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

BACCI & GLINN
PHYSICAL THERAPY, INC.

“Therapy with a Difference”

For more information on this and other topics, visit our website at: www.bandgpt.com
Post Mastectomy Rehabilitation

According to the National Cancer Institute, it is estimated that the number of new cases of breast cancer in females in the United States in 2007 will be 178,000. In addition, it is estimated that 12.7% of women born today will be diagnosed with breast cancer.

A person with breast cancer may undergo a variety of treatments, including chemotherapy, radiation, and/or surgery. Any one of the many surgical procedures can affect a person’s ability to perform daily activities such as dressing, bathing, and combing your hair resulting from difficulty moving the shoulder and arm. Physical therapy is key in restoring you to your prior mobility.

**Treatment Options**
- Physical therapy may include all or some of the following:
  - Arm mobilization
  - Shoulder strengthening
  - Prevention and treatment of upper extremity edema
  - Aquatic therapy
  - Patient education regarding arm function

Complementary therapy may also be used along with medical treatment. Be sure to talk with your physician prior to trying any of the following:
- Acupuncture
- Herbs
- Biofeedback
- Meditation
- Yoga
- Vitamins

**Signs and Symptoms**
- A change in the way the breast feels
- A change in the way the breast looks
- A change in the nipple, such as turning in, scaly skin around it, or discharge

**Risk Factors**
- Gender
- Age
- Heredity/Genetic Factors
- Long menstrual history
- Never having children
- Hormones
- Personal history of breast or ovarian cancer
- Environmental factors
- Early Menopause

References:
1. www.sistersnetworkinc.org
2. www.komen.org

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.