



StayFIT Physical Therapy LLC

- Worker's Compensation
- No Fault/MVA
- Medicare _____
- Other _____

AIEA 99-128 Aiea Heights Drive #207
Aiea, HI 96701
Ph: 808-487-0487 Fax: 808-486-8674

KAPOLEI 1001 Kamokila Blvd #114
Kapolei, HI 96707
Ph: 808-674-0500 Fax: 808-674-0511

Treatment Plan and Prescription

Patient's Name: _____ Date of Injury/Illness: _____
 DOB: _____ Phone: _____ Surgery date: _____
 Diagnosis #1: _____ ICD-10: _____
 Diagnosis #2: _____ ICD-10: _____

History/Precautions: _____

Goals and Measurable Objectives: _____

Physical Therapy EVAL & TREAT
 Frequency ____ x wk Duration ____ wks

Massage Therapy EVAL & TREAT
 Frequency ____ x wk Duration ____ wks

| THERAPEUTIC PROCEDURES/EXERCISE | | MODALITIES | | TEST |
|---|-----------------------------|---------------------------|--|---|
| Therapeutic Exercise/ Activity | Neck/Back Program | Rebuilder (Neuropathy) | | Functional Capacity Evaluation -General |
| Manual Therapy -Joint Mobilization -Soft Tissue Mobilization -Myofascial Release | Shoulder Program | Ultrasound | | Functional Capacity Evaluation -Specific |
| | Elbow/wrist/hand Program | Electrical Stim | | EQUIPMENT |
| | Hip/Knee/Ankle-Foot Program | Traction | | Cervical/Lumbar traction |
| Massage | Lymphedema Program | Heat/Cold Packs | | Cervical/Lumbar Roll |
| Gait Training | Vestibular Rehab Program | | | Resistive tubing |
| Neuromuscular-Reeducation | Job Site Evaluation | | | Physioball |

Special Instructions: _____

Physician's Signature: _____ Date: _____

Physician Name _____ Phone: _____

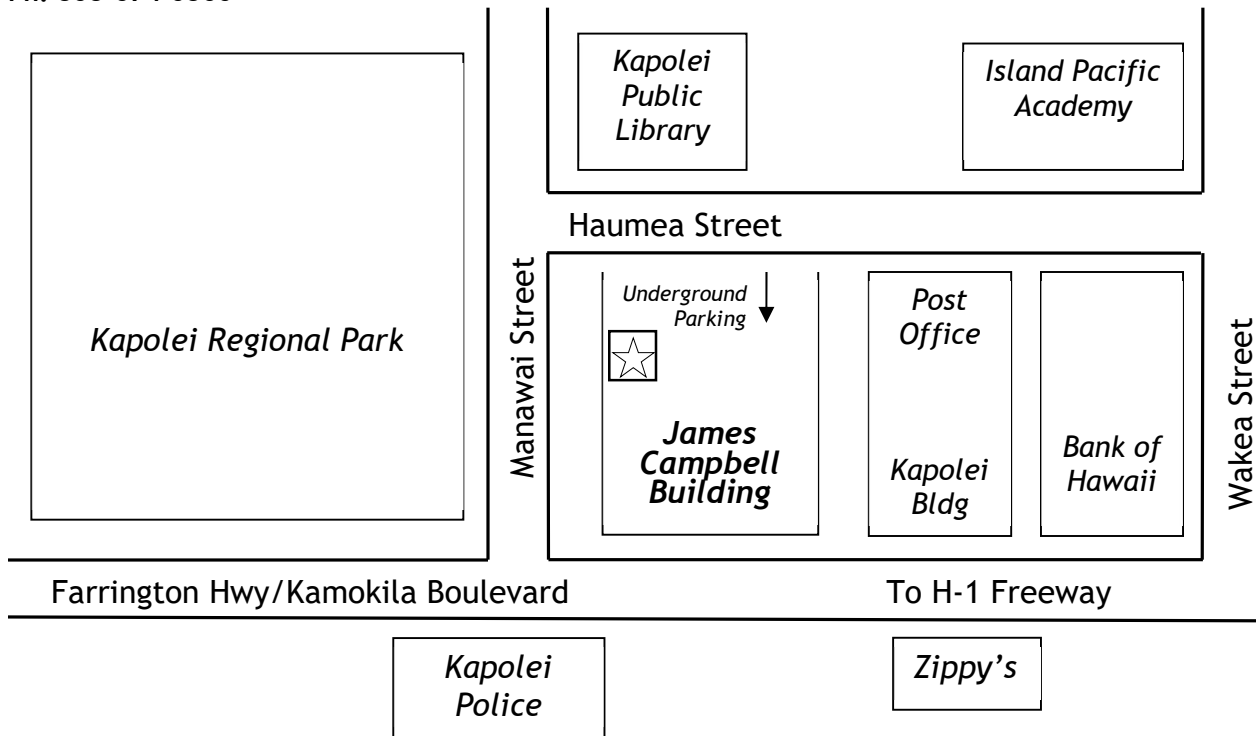
Fax: _____

For office use only:

| | | |
|---|---------------------|----------------------|
| Treatment Start date: | Treatment End date: | Estimated cost: |
| Worker's Compensation Information | | |
| Employer: _____ | Adjustor: _____ | Claim# _____ |
| Treatment Plan approved by/Title: _____ | | Date approved: _____ |

StayFIT Kapolei at the James Campbell Bldg

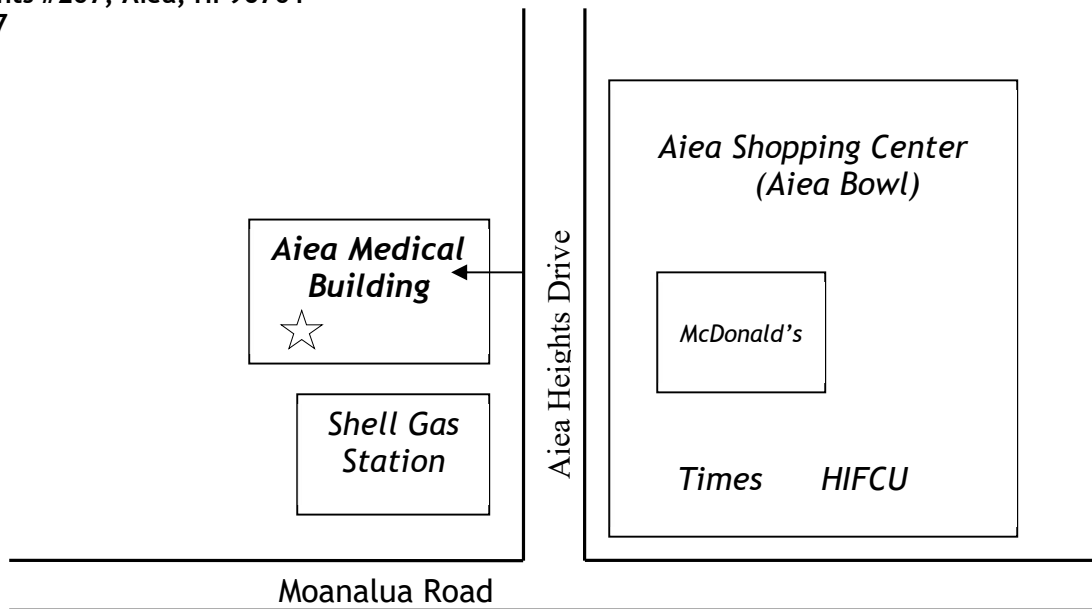
1001 Kamokila Blvd, #114, Kapolei, HI 96707
 Ph: 808-674-0500



**Kapolei Parking - Free parking is available along Manawai St. and in the Campbell Square underground parking garage with the entrance on Haumea St.*

StayFIT Aiea at the Aiea Medical Bldg

99-128 Aiea Heights #207, Aiea, HI 96701
 Ph: 808-487-0487



**Aiea Parking - Parking is available at Aiea Medical building for \$1 every half*