

## PHYSICIAN REFERRAL

Patient Name \_\_\_\_\_

Diagnosis \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Precautions \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- Evaluate and Treat
- Therapeutic Exercise
- Manual Treatment
- Modalities
- Education
- Home Exercise Program

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

Physician Signature \_\_\_\_\_

Date \_\_\_\_\_

Most insurance plans accepted, including Medicare and Medicaid. Please call for more information.

### Contact any one of our Convenient Neighborhood Locations

<b>Arlington</b> - Reaction Physical Therapy	p: 360.363.4246
<b>Bellevue</b> - Bellevue Physical Therapy	p: 425.454.1405
<b>Bothell</b> - Bothell Physical Therapy	p: 425.939.2806
<b>Burien</b> - Burien Physical Therapy	p: 206.258.2549
<b>Crossroads</b> - Crossroads Physical Therapy	p: 425.502.7081
<b>Issaquah</b> - Lake Sammamish Physical Therapy	p: 425.391.5504
<b>Lake Stevens</b> - Reaction Physical Therapy	p: 425.377.1290
<b>Lynnwood</b> - Reaction Physical Therapy	p: 425.967.3970
<b>Mercer Island</b> - Mercer Island Physical Therapy	p: 206.232.9045
<b>Mercer Island</b> - Aquatic Therapy Center	p: 206.230.9613
<b>North Bend</b> - North Bend Physical Therapy	p: 425.888.1156
<b>Puyallup</b> - Meridian Physical Therapy	p: 253.841.3041
<b>Puyallup</b> - Summit Physical Therapy	p: 253.445.4258
<b>Puyallup</b> - Sunrise Physical Therapy	p: 253.256.4807
<b>Redmond</b> - Eastside Physical Therapy	p: 425.883.9089
<b>Seattle</b> - University Physical Therapy	p: 206.347.0414
<b>Smokey Point / Marysville</b> - Reaction Physical Therapy	p: 360.658.8400
<b>Snoqualmie</b> - Snoqualmie Physical Therapy	p: 425.434.9607
<b>Totem Lake / Kirkland</b> - Totem Lake Physical Therapy	p: 425.823.8631
<b>Palm Desert, CA</b> - Palm Desert Physical Therapy	p: 760.345.3087



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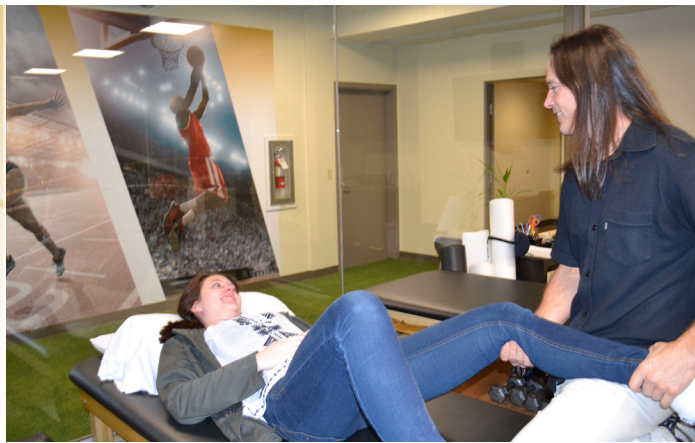


*Your Neighborhood  
Physical Therapy Clinic*



**Specializing In:**

- Ankle Injuries
- Shoulder Injuries
- Athletic Rehabilitation
- Back Care Education
- Balance Training
- Biomechanical Evaluation
- DDD/DJD
- Fibromyalgia
- Frozen Shoulder
- Gait Training
- Hand Therapy
- Headaches
- Hip Rehabilitation
- Low Back Pain
- Knee Pain/Injuries
- Massage Therapy
- Myofascial Pain Syndrome
- Neck Pain
- Pool/Aquatic Therapy  
*(Performed at our Mercer Island Pool)*
- Posture and Body Mechanics Training
- Post Operative Surgical Rehabilitation
- Repetitive Stress Injuries (RSI's)
- Scoliosis
- SI Dysfunction
- Spinal Rehabilitation
- Sports Therapy
- Sprains and Strains
- Stress Fractures
- Tennis/Golfers Elbow
- Vestibular Dysfunction Therapy
- Whiplash



**Totem Lake Physical Therapy** is an outpatient Physical Therapy clinic located near Evergreen Hospital in Kirkland. Our treatment philosophy is a “hands on” approach with an emphasis on patient education and an understanding of his or her condition. Our goal is to get you back to the activities that you love to do in a safe and comfortable environment

As you improve, your exercise program will progress to fit your needs for coordination, balance, endurance and strength training. You can expect your rehab experience to be unique and one that will allow you to meet your individual goals. We are able to assist you with transitioning from exercise for rehabilitation to exercise for health maintenance, cardiovascular improvement, return to work and enhanced athletic performance.

Our goal with every patient is to return them to their full functional capability and to teach a home exercise program that fits their lifestyle. We like to encourage a “think before you do” attitude to help increase your future overall health.

Totem Lake Physical Therapy is an independently owned and operated Private Practice.

**Call Today to Schedule Your Appointment with:**

**Totem Lake Physical Therapy : Kirkland**  
 12910 Totem Lake Blvd • Suite 105 • Kirkland, WA 98034  
**Appointments: 425.823.8631**  
**Fax: 425.814.4731**  
[retptgroup.com/totemlake](http://retptgroup.com/totemlake)

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We are **RET Physical Therapy Group**, with convenient neighborhood locations and the regions most knowledgeable therapists. We are a team of skilled professionals, with the goal of getting you back to the things you love to do. We strive to be an integral part of the communities in which we work and are committed to the health and well-being of our neighbors.

**RET Physical Therapy Group**  
**Locally Owned Since 1973**

