

PHYSICIANS REFERRAL

Patients Name _____

Diagnosis _____

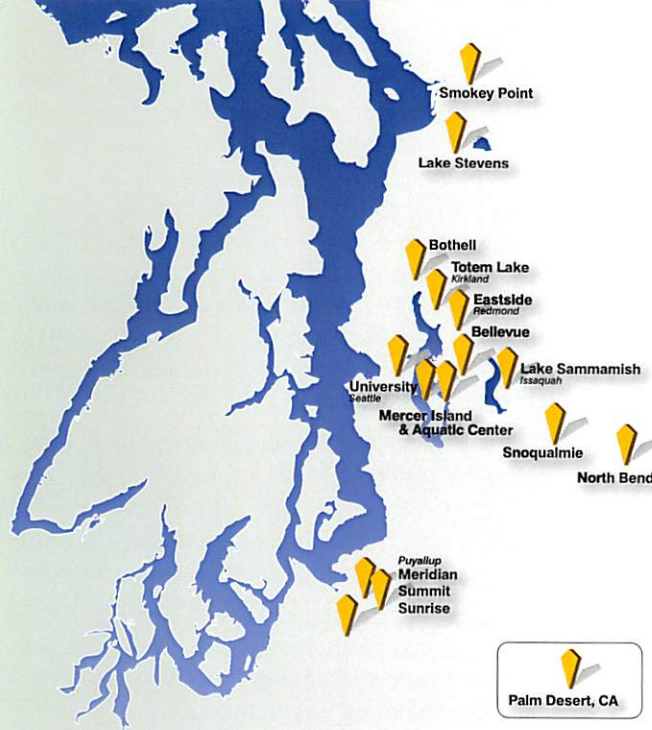
Precautions _____

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

Frequency _____ x per week for _____ weeks

Physicians Signature _____

Date _____



RET Physical Therapy Group

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. Established in 1973.

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

Sunrise Physical Therapy
17528 Meridian East • Suite 205 • Puyallup, WA 98375
For appointments: 253.256.4807
www.retptgroup.com/sunrise

***“Your Neighborhood
Physical Therapy Clinic”***



At Sunrise Physical Therapy, individual therapy programs are created specifically for each patient. Our rehabilitation philosophy is to promote healing through a combination of exercise and manual therapy, as well as educate the patient in injury prevention, body mechanics and self-help techniques. We work with each individual patient to design a treatment program that fits their lifestyle, and with physicians to ensure that our patients have the best possible outcome. The ultimate goal is for you to return to normal activities of daily living, work, and participation in sports or recreational activities.

Our treatment approach first focuses on decreasing pain, edema and muscle guarding to improve joint motion. As you improve, your exercise program will be progressed to fit your needs for coordination, balance, endurance, and strength training. You can expect your rehab experience to be unique and 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.



Specializing In:

- Athletic Rehabilitation
- Back Care Education
- Dynamic/Static Balance Training
- Biomechanical Evaluation
- Gait Training
- Jones Strain/Counterstrain
- Manual Therapy
- Orthopedic Rehabilitation
- Outpatient Orthopedic Physical Therapy
- Posture and Body Mechanics Training
- Post Surgery Rehabilitation
- Spinal Rehabilitation
- Sports Therapy and Rehabilitation
- Vertigo
- Women's Health
- 3rd party insurance for MVA's
- One of the few local clinics contracted with Tricare



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Call Today to Schedule Your Appointment with:

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