

# PHYSICIAN REFERRAL

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

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

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

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Vestibular Training
- Other \_\_\_\_\_

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

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

Signature: \_\_\_\_\_

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

We accept referrals from any physician.  
Most insurance plans are accepted.  
Please give us a call for more information.



*“The Spine & Sports Specialists”*

[www.mountainriverpt.com](http://www.mountainriverpt.com)

**Parkersburg, West Virginia**  
(304) 865-6778

**Vienna, West Virginia**  
(304) 865-6777

**Mineral Wells, West Virginia**  
(304) 489-8100

**Ellenboro, West Virginia**  
(304) 869-3888

**New Martinsville,  
West Virginia**  
(304) 447-6778

**Wellsburg, West Virginia**  
(304) 737-0437

**Wheeling, West Virginia**  
(304) 230-5601

**Athens, Ohio**  
(740) 593-6778

**Leesport, Pennsylvania**  
(610) 926-6778

**Chatham, Virginia**  
(434) 432-0028

Mountain River Physical Therapy for

# NECK PAIN



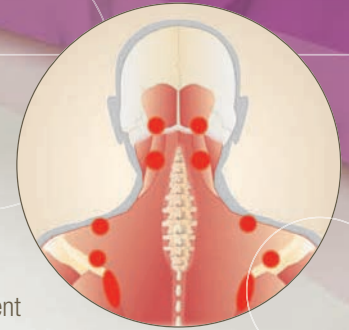
Recover your quality of life  
without drugs, side effects or surgery.  
Physical therapy is the clear choice!

Choose Mountain River Physical Therapy to relieve

# NECK PAIN

Recover your quality of life

[www.mountainriverpt.com](http://www.mountainriverpt.com)



Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

## Conditions we have successfully treated:

- Whiplash
- Acute pain
- Sprains/Strains
- Chronic neck pain\*
- Arthritis (spondylosis)
- Post Surgical Fusion
- Degenerative Disc Disease
- Pinched Nerves (Radiculopathy)

## What are my treatment options?

- Drugs
- Epidural Injections
- Surgery
- **Physical Therapy\***

## Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research\*
- Customized to treat the underlying cause

If you're ready for relief,  
and tired of "masking" your pain,  
treat the cause,  
not just the symptoms!



## Your Recovery Process:

- Pain relief is priority number one
- Recovery of any lost neck motion
- Neck stabilization techniques
- Recovery of functional movement
- Independent care

## Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Dynamic or static neck traction
- Targeted stretching for tight muscles
- Individualized posture retraining
- Core neck stabilization techniques

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.



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\*Cited from the academic journal, Cochrane Database of Systematic Reviews 2004