



Communicate

- the exact diagnosis so the therapist can identify the appropriate approach to improve function.

Include

- specific deficits that you have found on your examination that you wish to have the physical therapist improve upon; examples are range of motion or gait deficits.
- instructions to exercise for tolerance and improvement of endurance.
- Weight loss goals so that a safe cardiovascular exercise protocol is addressed.

Set

- appropriate expectations with your patients prior to their appointment. Therapists may begin with bicycle or aquatic activities as patients may not immediately tolerate walking or treadmill work.

The goal of therapy is to establish activities that the patient can complete on their own. Most evidence-based medical guidelines suggest 4-6 visits is plenty.....some would even say less.



COMMON ITEMS TO INCLUDE IN A REFERRAL

✓ Improve range of motion

✓ Improve gait

✓ Exercise tolerance

✓ Improvement of endurance

✓ Weight loss

✓ Improve function not concentrate on cure