



Kristi Ayars, PT, DPT, PRPC, BCB-PMD, Owner
 9 Williamsburg Lane, Chico, CA 95926
 530-891-4456 • FAX 530-345-3375
 www.simplyresultspt.com

REFERRAL FORM TO PHYSICAL THERAPY

PATIENT NAME:	
PATIENT PHONE:	
DIAGNOSIS ICD-10:	
*****REFERRING PROVIDER SIGNATURE:	*****DATE:

<p>Physical Therapy Comprehensive Assessment. Scheduled for 45 to 60 minutes individually with your Physical Therapist. This includes detailed history-taking, objective measures (some of which are listed below), application of pain-relieving techniques and/or corrective exercises as needed the first day, as well as 30 to 60 minutes practitioner/office time completing full documentation of clinical reasoning, findings, prognosis, and goals, communication with your primary care providers, latest scientific research literature review, and complementary billing of your insurance.</p>
Pelvic Floor Assessment: Incontinence &/or Pain; Pre-Natal & Postpartum; Pre- & Post-Surgical; Men's Care
Fitness Baseline Testing and Goals Monitoring : includes Triathlon / Race Prep: 5K through Half Marathon
Biomechanics Exam / Postural Assessment / Gait Analysis of Walking and Running in Your Sport
Pain: Baseline Testing and Training in Strategies to Improve Function and Comfort with You in Control

MANUAL THERAPY	THERAPEUTIC EXERCISE	MODALITIES	SPECIAL PROGRAMS
Joint Mobilization	AROM / AAROM / PROM	Moist Heat Ultrasound	VESTIBULAR REHAB Falls Prevention
Myofascial Release	Stretching / Flexibility Muscle Energy Technique	Cryotherapy / Ice Iontophoresis	Pediatric Ortho & Pelvic Floor
Visceral Mobilization			UPPER BODY REPETITIVE STRAIN PREVENTION PROGRAM
Therapeutic Massage —all styles: Sports, Deep Tissue, Lymphatic,	Strengthening Eccentric Exercises Plyometrics	TENS for pain relief; Surface EMG	PILATES & YOGA STYLE EXERCISES
Acupressure, Swedish, Pre-Natal, Post-Natal,	Dynamic Stabilization Pelvic Floor Exercises Core Exercises	NMES for strengthening	PHYSIOLOGICAL QUIETING TOWARDS RELIEF OF PAIN
Scar Care After Surgery		Mechanical Traction	
Manual Traction	Biofeedback-assisted Exercise and Training	Kinesio Taping	PRE-PILATES / PRE-GYM FITNESS

PLEASE FAX SIGNED FORM TO 530-345-3375 - THANK YOU!



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Planning ahead for a successful start:

- What to wear: we have gowns to change into, as well as some shorts, tank-tops, and shirts.
- You are welcome to wear or bring your own loose-fitting comfortable clothing as needed.
- Paperwork can be sent to you via mail, fax, or email, so we can get your chart ready.

Paperwork can also be downloaded at: WWW.SIMPLYRESULTSPT.COM

Directions:

- Find us in the Stonebridge Professional Village complex
- Note that there are two entrances: one off The Esplanade and one off Rio Lindo Ave behind Sin of Cortez



THANK YOU FOR CHOOSING SIMPLY RESULTS PHYSICAL THERAPY!

...Let's get you better & keep you moving!