

Rationale for Physical Therapy

Hot packs- Used for superficial heat induction, vasodilatation, increases nerve conduction velocity, cutaneous circulation, reduces skeletal muscle spasms and pain.

Cold Packs- Used for acute musculoskeletal sprain/strain type of injuries and some neuromuscular conditions, reduces nerve conduction velocity, skeletal muscle tension, pain, swelling, muscle spasms and edema.

Massage Therapy- Used for reducing muscle spasm, disperses adhesions / scar tissue, increases circulation and restores normal muscle tone.

Manual Therapies- Reduces intersegmental fixations, rehabilitates soft tissue, restores normal biomechanics, restores intervertebral function, relieves nerve compression, increases functional joint integrity.

Ultrasound - Used for subacute and chronic conditions, used to treat myalgia, neuralgia, subacute and chronic sprains / strains, scars, adhesions, bursitis and tendonitis.

Electric Muscle Stimulation - Used to reduce adhesions, increase circulation, reduce edema, decreases spasms, trigger points and pain. Improves restricted joint motion.

Cold laser therapy - Helps with pain and inflammation. Contributes to wound healing.

I have read the “Rationale for Physical Therapy” above. Consider my signature below an authorization for Dr. Stephen G. Prefer to apply any of the above therapies he thinks is necessary to expedite spinal correction and/or soft tissue healing.

Patient Signature _____ **Date** _____

Print Name _____