

North County Water and Sports Therapy Center

Referral for Physical Therapy

Frog's Fitness
Carmel Mountain Ranch
12171 World Trade Drive
San Diego, CA 92128

Beth Scalone, PT, DPT, OCS
Kathleen Morgan, PT, CSCS
tel: 858-217-2137
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Patient Name: _____ Date: _____

Diagnosis: _____

Precautions/Comments: _____

Evaluation and Treatment

Exercise

Passive ROM

Active

Resistive/Strengthening

Home Exercise

Aquatic Therapy

Soft Tissue Mobilization/Massage

Joint Mobilization

Modalities

Heat

Cold

Ultrasound/Phonophoresis

Electrical Stimulation

Iontophoresis

Functional Training

Posture/Body Mechanics

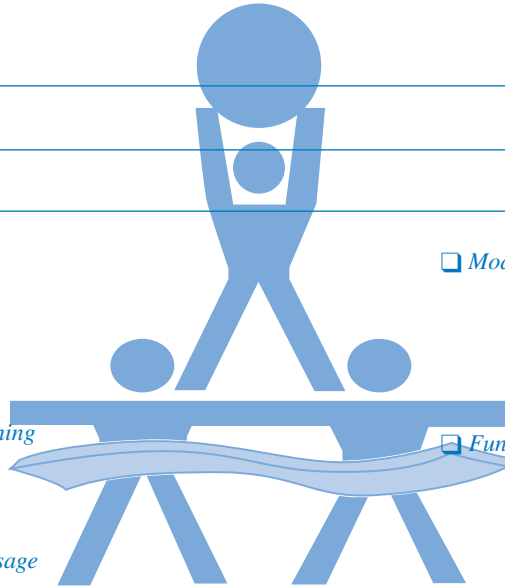
Spine Stabilization

Gait Training

Closed Kinetic Chain/Balance/Proprioception

Sport Specific

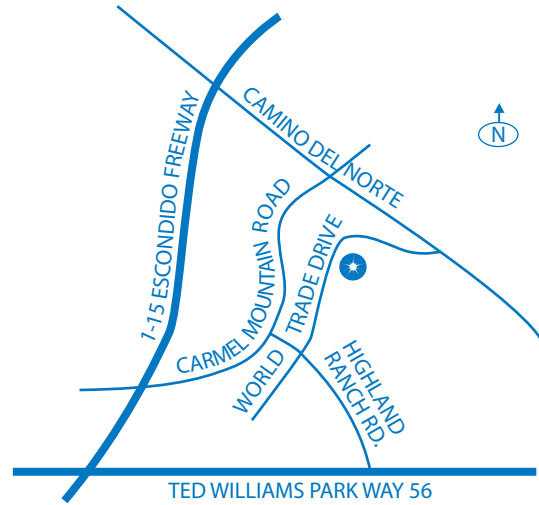
Conditioning



Frequency: _____/week

Duration: _____ week

Physician Signature: _____



*Take Interstate 15 north or south to Carmel Mountain Road. Turn right on Highland Ranch Road, then left on World Trade Drive.
Located inside Frog's Fitness*