

MM/DD/YYYY	Print/Type: Patient Name
PT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Patient Cell Phone #
OT Evaluation & Treatment <input type="checkbox"/>	Print/Type: Diagnosis/Reason For Referral
	Print/Type: Ref Practice Contact's Name
(XXX) XXX-XXXX	Print/Type: Ref Practice Contact's Email
	MD Signature
	Print/Type: MD First + Last Name + Title

B	A	W
Brevard	Asheville	Woodfin
59 Oakdale St (828) 966-9036	260 Merrimon Ave, Suite 100 (828) 785-4700	61 N Merrimon Ave, Suite 107 (828) 484-8398
Ref Fax Line: (828) 966-4538	Ref Fax Line: (828) 552-5566	Ref Fax Line: (828) 484-8399

My signature certifies that treatments are medically necessary

Lifestyle and General Pain

Perfect Balance Physical Therapy's (PBPT) partnerships with Podiatry practices provides relief through hands-on techniques to restore joints and soft tissue to a more normal state. PBPT recognizes that foot pain is often due to chronic conditions like arthritis, diabetes, chronic inflammation, or recurrent acute injuries due to balance issues. Our therapists analyze walking and running patterns, spine or pelvic nerve issues, congenital conditions, and lower leg and ankle strength to help in the root-cause determination of your foot or ankle pain.

- | | |
|--|--|
| <input type="checkbox"/> Bursitis | <input type="checkbox"/> Hammer Toes |
| <input type="checkbox"/> Bunions | <input type="checkbox"/> Corns and Calluses |
| <input type="checkbox"/> Plantar Fasciitis | <input type="checkbox"/> Heel Spurs |
| <input type="checkbox"/> Ankle Joint Arthritis | <input type="checkbox"/> Shin Splints (MTSS) |

Agility & Sport Specific Therapy

Some sports and activities can be dangerous to your feet and ankles because of quick, unnatural weight-bearing requirements and added stress placed on joints. PBPT therapists expertly diagnose and treat sports injuries to the ankle, foot, and lower leg to hasten recovery, prevent reinjuries, and enable athletes to return to their normal activities.

- | | |
|---|--|
| <input type="checkbox"/> Injuries from Running/Jumping | <input type="checkbox"/> Anterior Tendonitis/Tendinopathy |
| <input type="checkbox"/> Lower Leg Cramps and Pain | <input type="checkbox"/> Posterior Tendonitis/Tendinopathy |
| <input type="checkbox"/> Achilles Tendon Strain | <input type="checkbox"/> Peroneal Tendonitis/Tendinopathy |
| <input type="checkbox"/> Achilles Tendon Tears/Ruptures | |

Pre- & Post-Surgical Therapy

Depending on the extent of your foot or ankle injury, physical therapy helps to restore function following surgical intervention or may represent a safe alternative to surgery. Our therapists implement range of motion and strengthening exercises to improve stability and strength, prevent joint stiffening, rebuild muscle strength, and support the proper alignment of foot and ankle structures.

- | | |
|---|---|
| <input type="checkbox"/> Post Ankle Surgery Rehab | <input type="checkbox"/> Fractures/Stress Fractures |
| <input type="checkbox"/> Bunionectomies | <input type="checkbox"/> Lower Extremities Flexibility Exercise |

Balance and Fall Risk Screenings (BFRS)

Perfect Balance Physical Therapy (PBPT) maintains modern equipment and therapies to improve balance through quantitative baselines. Our BFRS program provides convenient and almost instant feedback based on calibrated and tested methodologies in the medical community. The patient's postural stability is regularly reviewed as specific movement patterns are emphasized and improvement continues.

Our BFRS system produces reports that support specific post-surgery recovery, prosthetics and orthotics adjustment, or other measured recovery paths. The BFRS tracking feature records the patient's progress to visually illustrate their improvement in positioning throughout their routine.

Partnering w/ Podiatry



Program Applications:

- Joint Mobilization and Manipulation
- Soft Tissue Injury Treatment/Massage
- Stretching Techniques and Exercises
- Dry Needling Trigger Points
- Modern Modalities
- Balance and Fall Risk Screening

Program Location(s): **B A W**

Brian Ellis, Physician Liaison
brian@perfectbalancept.com
 Office: (828) 785-4700

Fall Prevention

- Bilateral/Unilateral Exercises
- Fall Risk Assessment Protocol
- Clinical Test of Sensory Organization and Balance

Orthopedic Applications

- Bilateral/Unilateral Balance
- Bilateral Upper Extremity Activities

General Reflexes

- Stability and Response to Changes
- Extension and Response to Instruction

Would Your Patient Benefit From A Free Balance and Fall Risk Screening?

Call to schedule at any of our 3 locations