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**DR. JONATHAN KIRKWOOD**

**PT|DPT|OCS| Clinical Director**  
**Board-Certified Orthopaedic Clinical Specialist**



**DR. KARLA SANABIA-RENTERÍA**

**PT|DPT| Physical Therapist**

## HELLO NEIGHBOR!

We hope this letter finds you in good health and spirits. It is my privilege to introduce our new privately owned and operated Physical Therapy clinic and the services we have to offer Stone Oak residents and the surrounding community.

Our goal here at FYZICAL Stone Oak is to provide exceptional 1-to-1 care to all patients and quality service to all referring providers. As we commit to providing individualized treatment plans, we understand that effective collaboration with healthcare providers like yourself, is an essential part of maximizing the patient's health and wellbeing.

We specialize in treating a wide range of conditions, including Orthopedic and Sports Injuries, Chronic Pain, Pre & Post-Surgical Care, and Vestibular & Balance Rehabilitation, and Pelvic Floor Therapy. We take pride in additional certifications in Manual Therapy & Trigger Point Dry Needling, Strength and Conditioning, and FYZICAL Balance and Pelvic Health. Our clinic will remain open to learning new and innovative ways to improve our practice so we can better serve our community.

We look forward to partnering with you to care for those in need of Physical Therapy services. Thank you for your time and consideration.

Sincerely,

*Jonathan Kirkwood, PT, DPT, OCS*

*Karla Sanabria Rentería, PT, DPT*









*Thank you!*

# INSURANCES

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FYZICAL Stone Oak is pleased to accept a variety of insurance plans to make quality Physical Therapy accessible and affordable to our patients. We understand navigating the world of insurance can be overwhelming, so we strive to make the process as simple and transparent as possible.

We're currently In-Network with the following insurance plans:

-  **Blue Cross Blue Shield**
-  **Cigna (ASH)**
-  **Humana**
-  **Medicare**
-  **MedRisk (Worker's Compensation)**
-  **Molina**
-  **United Healthcare (Optum)**
-  **VA Community Care Network**

If an insurance plan is not listed, please don't hesitate to contact us to verify whether we accept it. We also offer Self-Pay options for patients without insurance coverage and we accept Care Credit.

At FYZICAL Stone Oak, we believe patients deserve access to compassionate, high-quality Physical Therapy care, regardless of their financial situation. We are committed to working with patients and their insurance provider(s) to bring clarity and simplicity to their healthcare experience.

Please feel free to reach out to us with any questions or concerns about insurance coverage and billing.

# SERVICES OFFERED

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We offer a range of services in our Physical Therapy clinic to help our clients recover from injuries, manage chronic pain, and improve overall physical function.

We also offer education and guidance on injury prevention, home exercise programs, and lifestyle modifications to help patients achieve long-term success.

We currently offer the following services:

- 01 Concussion Management**  
Assessing, treating, and monitoring a traumatic brain injury to help rebuild endurance.
- 02 Dry Needling**  
Helps treat and relieve pain and muscle dysfunction targeting trigger points in the muscle tissue.
- 03 Lumbopelvic Health**  
Optimizing function by improving the strength, flexibility, range of motion, and coordination of the abdominal, lumbar & pelvic regions.
- 04 Manual Therapy**  
Our hands on approach, which helps to reduce pain and improve mobility by targeting specific areas of the body.
- 05 Metabolic Conditioning**  
Our Physical Therapists works with each patient to develop an individualized exercise program to meet weight loss goals and help improve strength, flexibility, and endurance.

# SERVICES OFFERED

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**06 Neurological Rehabilitation**  
Assessing, treating, and monitoring neurological disorders such as Parkinson's Disease and Multiple-Sclerosis to help improve quality of life.

**07 Pain Treatment**  
We use a variety of techniques to help patients manage their pain by reducing or eliminating pain caused by injury, illness, or chronic conditions.

**08 Vestibular & Balance Training**  
Focuses on techniques to improve and maintain stability and equilibrium while performing various movements which provides input to the brain to help maintain balance.

**09 Pre & Post Operative- Orthopedic Care**  
Aims to ensure successful outcomes following orthopedic surgeries to minimize potential risks and focus on optimizing recovery and rehabilitation.

**10 Sports Injury Rehabilitation & Prevention**  
Focuses on helping patients rebuild their strength and range of motion so they are able to return back to their favorite sports and activities safely preventing further injury.

**11 Vestibular & Balance Training**  
Focuses on techniques to improve and maintain stability and equilibrium while performing various movements which provides input to the brain to help maintain balance.



# FYZICAL<sup>®</sup>

Therapy & Balance Centers

## Schedule Your Appointment Today! (210) 200-8921

- Pain Treatment
- Manual Therapy & Dry Needling
- Orthopedic & Sports Injuries
- Balance/Dizziness Management
- Fitness & Wellness Program
- Post-Surgical Recovery
- Neurological Rehabilitation
- Pelvic Health

**Call for a FREE 15-minute  
Fall Risk Assessment**



# FYZICAL Stone Oak

## Referral Form

Evaluation and Treatment

Date: \_\_\_\_\_

### Patient Demographics

Patient Name: \_\_\_\_\_

Patient DOB: \_\_\_\_\_

Patient Phone#: \_\_\_\_\_

Patient Email: \_\_\_\_\_

Patient Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DX/ICD Code(s): \_\_\_\_\_

Precautions/Special Instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Referring Provider

Provider Name: \_\_\_\_\_

Provider NPI #: \_\_\_\_\_

Clinic Phone #: \_\_\_\_\_

Clinic Fax #: \_\_\_\_\_

Clinic Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Provider Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# NOTES

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