



kitsapphysicaltherapy

AND SPORTS CLINICS

www.KitsapPT.com

BAINBRIDGE ISLAND

(206) 842-6288 Fax: 842-6292
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BREMERTON

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KINGSTON

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PORT ORCHARD

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POULSBO NK MEDICAL CENTER

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 Stacey Watland PT, DPT

SILVERDALE

(360) 613-1834 Fax: 613-2716
 Dave Damon PT, OCS, ATC
 Jodi McDowell PT, MPT
 Kirsten Bakke PT, DPT
 Nathan Edwards PT, DPT
 Thayne Bosh PT, CSCS, DPT
 Steve Goldrick PT, DPT

Name: _____ Phone: _____ Date: _____

Diagnosis: _____ ICD-9#: _____

Evaluate and Treat Appropriately

If desired, please list any special elements of care plan you want emphasized including exercise, manual therapy, modalities, etc. _____

Specialty Programs (not all available at each location)

- | | | |
|---|--|---|
| <input type="checkbox"/> Work Conditioning | <input type="checkbox"/> Sports Rehab/Perf. Enhancement | <input type="checkbox"/> Orthotics |
| <input type="checkbox"/> PCE Testing | <input type="checkbox"/> Fitness Testing | <input type="checkbox"/> Sportsmetrics |
| <input type="checkbox"/> TMJ/TMD | <input type="checkbox"/> Aquatic Therapy | |
| <input type="checkbox"/> Hand Therapy | <input type="checkbox"/> Golf Rehab | Women's Health |
| <input type="checkbox"/> Pilates | <input type="checkbox"/> Ergonomic Job Site Eval | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Lymphedema | <input type="checkbox"/> Cardiac Conditioning | <input type="checkbox"/> Urinary Incontinence |
| <input type="checkbox"/> Neurological Rehab | <input type="checkbox"/> Balance/Vestibular Program | <input type="checkbox"/> Pre/Post Maternity Rehab |
| <input type="checkbox"/> Fall Prevention | <input type="checkbox"/> McKenzie Treatment of the Spine | <input type="checkbox"/> Pelvic Pain |

Goals:

- Decrease pain, inflammation, swelling, muscle guarding
- Improve function, ROM, strength, fitness

Plan:

_____ visits/week over 1 2 3 4 6 8 weeks or Total Sessions _____

Comments/precautions: _____

Physician: X _____ Thank you for this referral



In making this referral, physician certifies that prescribed rehabilitation is a medical necessity.



BAINBRIDGE ISLAND
(206) 842-6288

We are located at 911 Place just across from Frontier Bank at the end of Hildebrand Lane.

911 Hildebrand Lane NE
Suite #101
Bainbridge Island, WA 98110

BREMERTON
(360) 792-1015

We are located in the West Sound Bldg. just below Harrison Hospital.

2500 Cherry Avenue
Suite #203
Bremerton, WA 98310

KINGSTON
(360) 297-7050

We are located at the intersection of South Kingston Road and Barber-Cut Off Road next to Kingston Fitness.

26001 Barber Cut Off Road NE
Suite #C-1
Kingston, WA 98346

PORT ORCHARD
(360) 895-9090

We are located on Pottery Avenue approximately 1/4 mile up the hill from Harrison South Kitsap Urgent Care.

1880 Pottery Avenue
Suite #100
Port Orchard, WA 98366

kitsap physical therapy

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POULSBO NKMC
(360) 779-3764

We are located in Bldg. A at the NK Medical Center at the intersection of Bond Road and Hwy. 305.

20730 Bond Road NE
Suite #106
Poulsbo, WA 98370

POULSBO VILLAGE
(360) 779-3777

We are located in the center building just across from the Doctor's Clinic.

19319 7th Avenue NE
Suite #108
Poulsbo, WA 98370

SILVERDALE
(360) 613-1834

We are located at the corner of Myhre and Mickelberry Road, just down from Costco, and next to Silverdale Fitness.

2400 NE Myhre Road
Suite #102
Silverdale, WA 98383