

BAINBRIDGE ISLAND

(206) 842-6288 Fax: 842-6292

945 Hildebrand Lane NE
Suite #220
Bainbridge Island, WA 98110

Located in the same building as
Swedish Primary Care

BREMERTON

(360) 792-1015 Fax: 792-0964

2500 Cherry Avenue, Suite #203
Bremerton, WA 98310

Located in the West Sound Bldg.
just below Harrison Hospital.

KINGSTON

(360) 297-7050 Fax: 297-7502

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

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

PORT ORCHARD

(360) 895-9090 Fax: 895-9089

1880 Pottery Avenue
Suite #100
Port Orchard, WA 98366

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

**POULSBO-
NK MEDICAL CENTER**

(360) 779-3764 Fax: 779-9740

20730 Bond Road NE
Suite #106
Poulsbo, WA 98370

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

POULSBO-VILLAGE

(360) 779-3777 Fax: 779-3797

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

Located in the center building just
across from the Doctor's Clinic.

SILVERDALE

(360) 613-1834 Fax: 613-2716

2400 NW Myhre Road, Suite #102
Silverdale, WA 98383

Located at the corner of Myhre
and Mickelberry Road, just down
from Costco and next to Snap
Fitness.

kitsap physical therapy

AND SPORTS CLINICS

www.KitsapPT.com

Name: _____ Phone: _____ Date: _____

Diagnosis: _____ ICD-10#: _____

Evaluate and Treat Appropriately

Pelvic Health

- Perineal Laceration
- Incontinence (urinary or fecal)
- Urgency & Frequency
- Pelvic Organ Prolapse
- Constipation
- Voiding Dysfunction (retention/hesitancy)
- Muscle Weakness & Incoordination
- Dysuria or Nocturia
- Enuresis
- Sexual Dysfunction
- Pre/Post-partum Care
- Diastasis Recti
- Low Back Pain
- SI Pain
- Hip Pain
- Coccydynia
- Pelvic Girdle Pain
- Mastitis
- Abdominal Pain
- Dysmenorrhea

Oncology & Lymphedema

- Pre-Op Evaluation & Education
- Post-Op Evaluation & Education
- Strength & Conditioning
- Management of Scars & Fibrosis
- Seroma & Hematoma Management
- Lymphedema
- Axillary Web Syndrome
- Shoulder Dysfunction
- Tissue Expander Management
- Lipolymphedema
- Chronic Venous Insufficiency
- Edema
- Lipedema
- Garment Fitting
- Nutrition & Life Style Education

Comments/precautions: _____

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

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

Physician: **X** _____

Thank you for this referral



Physician referral to physical therapy is NOT a guarantee of benefits.
 Patients are responsible for verifying their insurance coverage.
 In making this referral, physician certifies that prescribed
 rehabilitation is a medical necessity.

