

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-VILLAGE

(360) 779-3777 Fax: 779-3797
 (360) 779-3764 Fax: 779-9740
 19505 7th Avenue
 Poulsbo, WA 98370
 Located next to Rite Aid

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.

PORT ORCHARD SATELLITE

(360) 287-4662 Fax: 251-0225
 1730 SE Mile Hill Dr., #100
 Port Orchard, WA 98366

SILVERDALE SATELLITE

(360) 639-4540 Fax: 251-0232
 3909 NW Randall Way
 Silverdale, WA 98383

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.

