

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 PT OT

Specialty Programs*(not available at each location)*

- Amputee Rehab
- Aquatic Therapy
- Balance/Vestibular
- Fall Risk/Prevention
- Hand Therapy
- Lymphedema
- McKenzie Spine Treatment
- Neurological Rehab
- Orthotics (customized)
- Osteoporosis
- Parkinson's Therapy
- Pediatrics
- Strength After Cancer/
Cancer Rehab
- TMJ/TMD
- Sports Rehab/Perf. Enhance

Pelvic Health

- Pelvic Pain
- Incontinence
- Constipation
- Pelvic Organ Prolapse
- Sexual Dysfunction
- Prenatal/Postpartum

Industrial Rehabilitation

- PCE Testing
- Ergonomic Job Site Eval.
- Post Job Offer Screening
- Work Conditioning

Pain

- Neuroscience Education
- Other

Diabetes/Metabolic Conditions

- Obesity/BMI > 30
- Deconditioning/Disuse Atrophy
- Abnormality of Gait/Fall Risk
- Abnormal Glucose/Diabetes 1/2/Pre

Next STEP Programs (Silverdale)

- Cardiac Conditioning
- Kitsap Survivors
- Pilates for Spine and Osteoporosis
- Senior Fitness
- Strength After Cancer

Sessions routinely include exercises, manual therapy and home management programs. List any special elements you want emphasized: _____

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.

Choose your NEXT
STEP
 Supervised Therapeutic Exercise Programs

Member

NWRA
 NorthWest Rehab Alliance

9/22

Pelvic Health

- Pelvic Pain
- Incontinence (*urinary or fecal*)
- Constipation
- Pelvic Organ Prolapse
- Sexual Dysfunction

In cases where all other medical causes have been ruled out and pharmacologic management, general PT or surgical management has been exhausted or proved ineffective, a referral to pelvic health physical therapist would be a next conservative option for evaluation and treatment. Examples:

- SI Joint (*hip pain*)
- Sciatic pain
- Coccydynia (*tail bone*)
- Lower Back Pain (*1 in 3 women with incontinence or low back pain have a pelvic floor dysfunction*)
- Organ Pain (*pelvic floor dysfunction can often feel like organ pain*)
- Other _____

Neurological PT/OT

(Bainbridge, Bremerton, Silverdale, and Poulsbo-NK)

- Strokes
- Traumatic Brain Injuries (*TBI*)
- Post-Concussion Syndrome (*PCS*)
- Multiple Sclerosis (*MS*)
- Parkinson's Disease
- Movement Disorders
- Amyotrophic Lateral Sclerosis (*ALS*)
- Other _____

Certified Stroke Rehab

(Bremerton and Silverdale)

- Strokes – Acute and Chronic

Occupational Therapy Services

(Bremerton, Silverdale, and Poulsbo-NK)

- Neurological Vision Impairments (*related to head injury/post-concussion, CVA*)
- Driving Evaluations
- Wheelchair Evaluations
- Home Safety Evaluations
- Cognitive Screening & Neurocognitive treatment
- Ergonomic Evaluations
- Body Mechanics Evaluations
- UE issues: as related to neurological impairments (*for example hemiplegic shoulder, arm, hand*)
- Other _____

Pediatrics

(Poulsbo-NK)

- Gross Motor Developmental Delay
- Infant Torticollis
- Toe Walking
- Trauma Rehab
- Post Traumatic Accident
- Post-surgical
- Brain Injury
- Concussion
- Cerebral Palsy
- Spine Bifida
- Cancer
- Bedwetting (*Poulsbo Village Only*)



Pediatric OT

(Poulsbo - Village, Silverdale)

Fine & Gross Motor Skills Development:

- Upper body/fine motor strengthening-pencil grasp, scissor use
- Neurodevelopmental Facilitation Techniques
- Bilateral Coordination Skills & Balance

Sensory Integration Techniques:

- Activities of daily living training to include: dressing, feeding, grooming, fastener manipulation, utensil use, etc.
- Visual Motor Integration/Visual Perceptual Skills:
- Handwriting training
- Ocular Motility Skills/Vision Therapy

Common Diagnostic Categories

Include:

- Developmental Delay
- Sensory Integration Dysfunction/Sensory Processing Disorder
- Autism Spectrum Disorders
- Cerebral Palsy and Neuromuscular Disorders
- Down Syndrome
- Learning Disabilities/Dysgraphia

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AND SPORTS CLINICS

Please visit us at www.KitsapPT.com for useful information and to answer other questions.