

**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

**GROSS MOTOR***(Poulsbo-NK & Silverdale)*

- GM Development
- Infant Torticollis
- Toe walking
- Balance
- Strength (Circle: Upper / Lower)

**FINE MOTOR***(Poulsbo-NK & Silverdale)*

- Bilateral Coordination
- UE Strength
- Fine Motor Strength
- Handwriting

**SENSORY INTEGRATION***(Poulsbo-NK & Silverdale)*

- 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

**SPINAL HEALTH***(Kingston, Poulsbo-NK and Port Orchard)*

- Scoliosis Treatment (Schroth Method)
- Postural control

**PELVIC HEALTH***(Bainbridge, Bremerton, Port Orchard, Poulsbo Village & Silverdale)*

- Nocturnal Enuresis
- Constipation
- Urinary Retention
- Other Specified Urinary Incontinence
- Pelvic Pain
- NOS Enuresis
- Fecal Incontinence
- Menstrual Health

**CONCUSSION/VESTIBULAR***(Bremerton, Silverdale and both Poulsbo locations)*

- Visual perceptual screening
- Cognitive testing
- Vestibular programs
- Return to school
- Return to play

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