



Holistic Physical Therapy

Integrating Physical Therapy, Manipulation, and Myofascial Techniques

Gale McIntosh PT, DC

Patient Name _____

Frequency: 1X/week 2X/week 3X/week

Duration: _____ weeks

Physician's Signature _____ Phone No. _____

Date _____ Diagnosis/Condition _____

Additional Instructions _____

MANUAL THERAPY • MANIPULATION • MOBILIZATION • MYOFASCIAL MASSAGE TECHNIQUES • THERAPEUTIC EXERCISE • MODALITIES

R E H A B I L I T A T I O N P R O G R A M S

Neck / Lumbar Spine Programs:

- Vertigo / Dizziness / Loss of Balance
- Headache
- Oral / Facial Pain
- Facet Syndromes
- Discogenic / DJD / OA Spine Pains
- Sciatica
- Upper Back Stabilization / Postural Syndrome
- Pre / Post-Surgical Rehab
- Movement Impairment Syndrome
- Flexion / Extension / Rotation-Spine Stabilization

Shoulder:

- Impingement Syndrome
- Rotator Cuff Strain/MFPS
- Capsulitis
- Pre / Post-Surgical Rehab

RSI / Upper Extremity:

- Pain Syndromes
- CTS / Tendonitis / Neuro-Entrapments
- Myofascial Pain

Thoracic outlet:

- Autonomic Disturbance
- Entrapment Syndromes

Lower Quadrant:

- TFL Tendonitis
- Pes Anserinus Tendonitis
- Plantar Fascitis vs Radiculitis
- Fibular / Peroneal Entrapment Syndrome
- Ankle / Knee Sprain / Post-Surgical Rehab
- Hip and Gait Rehabilitation
- Gait Asymmetries
- Movement Impairment Syndrome (hip- quadrant)
- Balance Disorders

Parking lot in rear with Driveway on Purissima Street

See Habla Espanol

We do medical billing as appropriate

Myofascial Pain Syndromes

- Neurological
- Dural Meningeal Dysfunction of Mechanical / Structural Nature
- Craniopathy-Cranial Sacral Therapy

Women's Health Care Program

- Pelvic Pain Syndrome
- Pre / Post Partum Exercise Programs

Osteoporosis Exercise Programs

