



# Professional Sports & Orthopaedic Rehabilitation Associates, LLC

Game Shape  
455 Route 9 South  
Manalapan, NJ 07726

Phone: (732) 617 - 8090  
Fax: (732) 972 - 5458

www.GameShapeOnline.com

**Professional Sports & Orthopaedic  
Rehabilitation Associates, LLC**  
Game Shape - Physical Therapy & Sports Performance Center  
(In the Mart Shopping Center)  
455 Route 9 South  
Manalapan, New Jersey 07726

**PT Office: (732) 617 - 8090**  
**www.GameShapeOnline.com**

## TREATMENT PRESCRIPTION

Name \_\_\_\_\_  
Diagnosis \_\_\_\_\_  
Precautions \_\_\_\_\_  
Frequency \_\_\_\_\_ times per week. Duration \_\_\_\_\_ weeks.  
Is a Functional Evaluation required? Yes \_\_\_\_\_ No \_\_\_\_\_

### TREATMENT PRESCRIPTION

- Evaluate and Treat
- Evaluate and Contact Physician

### MODALITIES

- Moist Heat
- Ultrasound
- Phonophoresis
- Electrical Stim for Pain Mgmt
- Electrical Stim for Swelling
- Electrical Muscle Re-Education
- Electrical Stimulation (other)
- Iontophoresis
- Whirlpool
- Contrast Bath
- Paraffin Bath
- Cryotherapy

### MECHANICAL TRACTION

- Cervical
- Lumbar

### MANUAL THERAPY

- Massage
- Deep Tissue Massage
- Joint Mobilization
- Soft Tissue Mobilization
- Manual Traction

### ORTHOTICS

- Fabrication
- Fitting

### GAIT TRAINING

- NWB  PWB  FWB
- Device \_\_\_\_\_
- No Assistive Device

### RANGE OF MOTION

- PROM  AAROM  AROM

### THERAPEUTIC REHABILITATION

- Stretching
- Strengthening - Isometrics
- Strengthening - Resistive
- Dynamic Activities
- Balance & Proprioception
- Neuromuscular Re-Education

### FUNCTIONAL REHABILITATION

- Biofeedback
- General Conditioning
- Sports Training
- Plyometrics
- Work Capacity Evaluation
- Work Hardening

### EDUCATION & TRAINING

- Home Exercise Program
- Activities of Daily Living
- Posture / Body Mechanics
- Pre / Post Operative Care

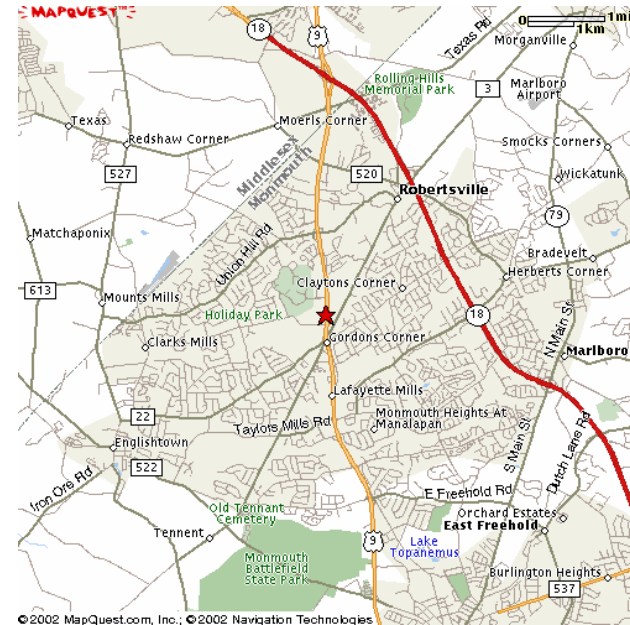
### OTHER TREATMENT

\_\_\_\_\_

I hereby certify these services as medically necessary for the patient's plan of care.  
This patient will return to physician on: \_\_\_\_/\_\_\_\_/\_\_\_\_

Physician's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
Physician's UPIN # \_\_\_\_\_

For map, see reverse side.



**Call for a same day appointment!**

### Hours of Operation

Monday - Friday 7:00am - 9:00pm  
Saturday 7:00am - 1:00pm

### Additional On-Site Services

Personal Fitness Training  
Gym Memberships  
Sports Conditioning  
Nutritional Counseling  
Massage Therapy  
Lockers & Showers

*Michelle E. Wolpov PT, MBA, ATC, CSCS*  
Owner / Director