

Physical Therapy Prescription Cervical / Lumbar Spine Injury

Patient Name: _____

Today's Date: _____

Dx:

- Cervical / Lumbar Stabilization program
- Advanced stabilization program incorporating dynamic challenges
and eccentric / plyometric work
- McKenzie approach
- Occupation specific challenges
- Sport-specific drills
- Endurance work
- Posture / mechanics
- Cervical traction TENS trial
- Myofascial releases / assisted stretches:
 - Scalenus Levator Traps SCM Pec minor Lats
 - Post shoulder capsule Psoas Piriformis Hams Rectus TFL
 - Lumbar extensors
- Neutral spine – SCM, Traps, Scalenus, Levator stretches
- Neutral spine – Hip flexor, Hip rotator, Rectus, Hams, G-S stretches
- Scapular Stabilizer strengthening
- Abdominal Oblique, Transversus, Lower Ab strengthening
- Gluteus maximus / minimus strengthening
- Modalities as needed (Ultrasound / Phonophoresis / E-stim)

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**