



46304 McClellan Way  
Sterling, VA 20164  
Phone: 703-444-8210  
Fax: 703-444-8213  
www.physicalrestorationva.com

**Marc O. Meadows, PT, ATC**  
Owner / Director

Patient Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

\_\_\_\_\_

Precautions: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week for \_\_\_\_\_ weeks.

## EVALUATE & TREAT

**Manual Therapy**

**Therapeutic Exercise**

**Functional Training**

- Balance/Vestibular
- Gait Training

**Modalities**

- Heat Packs/Cryotherapy
- Ultrasound
- Massage
- Iontophoresis
- Traction (lumbar/cervical)
- TENS
- Electrical Stimulation

**Other:** \_\_\_\_\_

\_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### SPECIAL INSTRUCTIONS: \_\_\_\_\_

\_\_\_\_\_

The above plan of care is established and will be reviewed every 30 days.  
I certify the medical necessity of therapy.

\_\_\_\_\_  
**Physician's Signature:**

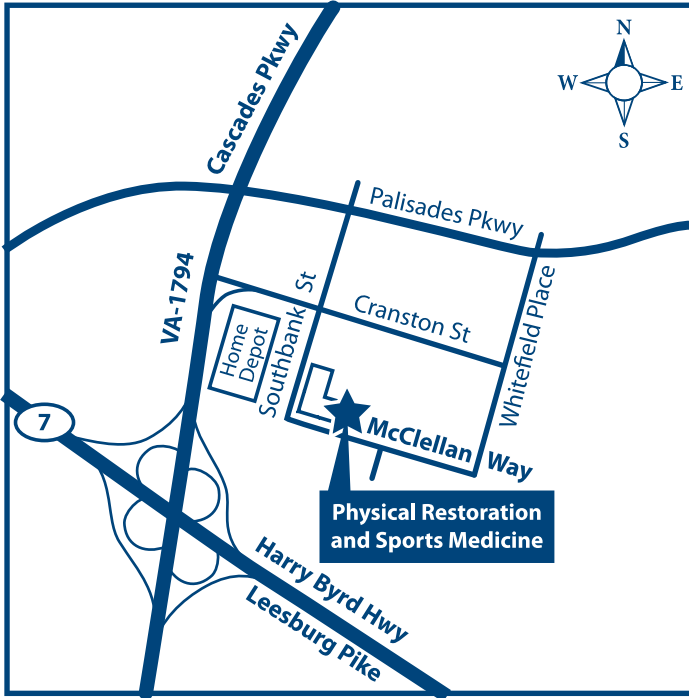
\_\_\_\_\_  
**Date:**

**DO NOT EMAIL PRESCRIPTION** The electronic prescription form is provided for your convenience. With respect to responding to this form, please do not send the prescription via email. Please populate, print and sign a hardcopy that may be faxed, mailed or hand delivered to the clinic.

# Physical Restoration and Sports Medicine

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## JUST A REMINDER:

- Please bring this referral slip with you on your first visit.
- Please arrive 15 minutes before your scheduled appointment to complete the necessary paperwork.
- The evaluation (1st visit) usually lasts up to 1 hour.

## WHAT TO WEAR:

- Please wear comfortable clothing.

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Physical Restoration & Sports Medicine is featured on

**PTandMe.com**

*An informational site for patients interested in or considering  
physical, occupational, and/or hand therapy.*

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