

Rehabilitation Services

Knee and Low Back Pain Assessments

Our highly skilled physical therapists are here to help your patients experiencing knee or low back pain. Roughly half of Americans wait until a pain level of 7 out of 10 or more before seeking treatment for chronic pain. Your patients don't have to wait for relief.

Referring is easy:

1. via Epic, select other orders then select a location
2. fax the script to 248-656-4331
3. contact physicianliaison@beaumont.org for referral forms

A physical therapy assessment is the first step to helping your patients get on the road to recovery. Our experienced and licensed physical therapists work one on one to help your patients with:

Knee pain

- arthritic changes/stiffness
- joint instability/weakness
- overuse/repetitive movements
- sprain or strain of knee
- mechanical issue/deformity
- vague knee pain
- previous knee injury or surgery

[Learn more at beaumont.org/kpa](https://beaumont.org/kpa)

Low back pain

- arthritic changes/stiffness
- degenerative disc disease
- muscle strain
- postural abnormalities
- overuse/repetitive movements
- instability/weakness
- sciatica
- previous back injury or surgery

[Learn more at beaumont.org/lbp](https://beaumont.org/lbp)

Types of services/treatment provided:

- gait assessments/need for assistive device
- positioning techniques for symptom management
- self-treatment strategies for symptom management
- ADL and work/sport specific training
- orthopedic Manual Techniques for symptom management/movement quality
- core activation strategies to promote segmental spine control
- advanced/progressive core strengthening
- strength and flexibility training based on individual needs
- movement assessments for mechanical errors
- education on body mechanics/injury prevention
- activity modifications to promote function
- posture assessment
- increase spine flexibility
- balance/proprioceptive training
- home exercise instruction



Our physical therapy is different:

- Your patients will receive one-on-one sessions with a licensed physical therapist, physical therapy assistant or occupational therapist.
- Therapists utilize a variety of manual therapy techniques and individualized therapeutic exercise programs to address pain and improve mobility.
- We work as a team, partnering with patients to address their specific functional goals.
- Corewell Health is most preferred for physical therapy services in Southeast Michigan.

Prescription – Pain Assessment

Patient name _____ Date of birth _____

Diagnosis _____ Precautions _____

☐ **Knee pain assessment** ☐ **Low back pain assessment**

☐ Physical therapy ☐ Occupational therapy

☐ **Evaluate, develop and implement a plan of care**

___ manual therapy

___ self care

___ core strengthening

___ therapeutic exercise

___ activities of daily living

___ core stabilization

___ neuromuscular re-education

___ home management training

___ home exercise program

___ therapeutic activities

___ patient education/counseling

___ modality procedures

Frequency: _____ x per week

Duration: _____ weeks

Physician's printed name

Physician's signature

Date

I certify that I have examined the patient and physical or occupational therapy is necessary and the services will be furnished while the patient is under my care.