



# 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 Fasciitis 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

#### 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

*We do medical billing as allowable.  
Se habla español.*

#### Direction from Hwy. 101 N or S

- Take Embarcadero Road exit
- Bear right onto Oregon Expwy toward San Jose
- Take Oregon Expwy to El Camino Real
- Turn right on El Camino Real
- Turn left on College Avenue
- Turn right on Staunton Court

