



REGIONAL THERAPY CENTER
A SERVICE OF SARATOGA HOSPITAL

Patient Label

6 CARE LANE, 2ND FLOOR
Saratoga Springs, N.Y. 12866

225 WASHINGTON STREET
Saratoga Springs, NY 12866

THE SPRINGS ON WEIBEL AVE.
9 Hampstead Pl., Saratoga Springs, NY 12866

Call for Appointment:
518-583-8383

Saratoga Medical Park at MALTA
8 Medical Park Drive, Suite 101
Malta, NY 12020

MILTON HEALTH CENTER
510 Geyser Road
Ballston Spa, NY 12020

Rehab Direct FAX: 518-583-8437
www.SaratogaHospital.org

Patient Name (Print): _____ Date of Birth: _____

Diagnosis/Surgeries: _____ Date of Onset/Surgery: _____

Treatment Restrictions: [] None [] _____ [] NWB [] WBAT [] _____

Sling/Brace/Orthotic: [] Wear at all times [] Use as needed [] As directed by therapist [] _____

Treatment Objectives: Improve [] Function [] Safety [] Ambulation [] Other: _____

EVALUATE & TREAT AS APPROPRIATE (Select at least one discipline):

- [] Physical Therapy (PT) [] Occupational Therapy (OT) [] Speech-Language Pathology (SLP)

[] PER PROTOCOL: _____ [] CONSULT ONLY

OPTIONAL SELECTIONS FOR TREATMENT, INTERVENTIONS, SPECIAL PROGRAMS:

Orthopedic (PT/OT):

- [] Modalities as Indicated
[] ***Iontophoresis with Dexamethasone 4mg/mL
Therapeutic Exercise:
[] PROM/AAROM
[] Stretching
[] AROM
[] Strength/Conditioning
[] Proprioceptive
[] Plyometrics
[] Joint Mobilization
[] Soft Tissue Mobilization
[] Graston Soft Tissue Mob
[] McKenzie Spine Protocol
[] Kinesio Taping
[] Gait Analysis/Training

OT/Hand Therapy:

- [] ADL Retraining
[] Driving-Related Skills Eval & Recommendations
[] Hand Therapy/Rehab
[] Dynamic Splinting
[] Static Splinting

Women's Health Programs:

- [] Breast-Related Rehab
[] Pre/Post-Partum Back And Leg Pain (PT)
[] Osteoporosis (PT)
Ready-To-Work Services:
**For WC Only (PT & OT)
[] Functional/Work Capacity Eval (FCE/WCE)
[] Work Hardening Program

Speech Therapy (ST)

- Adult Only:
[] Video Fluoroscopy Of Swallow Function
Infants & children:
[] Pediatric Feeding
Children >=3 y.o. & Adults:
[] Articulation
[] Dysarthria
[] Cognitive
[] Fluency
[] Parkinson's - LSVT Loud available
[] Speech & Language
[] Swallowing/Dysphagia VitalStim available
[] Voice

Other Specialized Services:

- [] Aquatic Physical Therapy
[] Aging Safely In Place - Rehab & Safety Plan (OT/PT/ST)
[] *Custom Foot Orthotics
[] Digestive & Abdominal Pain and Symptoms (PT)
[] Lymphedema-No Wounds (PT-UE/LE/Trnk, OT-UE)
[] Parkinson's - LSVT Big available (PT)
[] Pediatric Habilitation 3 y.o. & older (OT/PT/ST)
[] Pelvic Pain & Incontinence
[] Post-Concussion (PT)
[] Vestibular Rehab (PT)

Other: _____

(* These services are generally NOT covered by health insurance and other third-party payers.

(**) These services are available only to Workers' Compensation cases. (***) This treatment is not approved by Medicare.

FREQUENCY/DURATION (Select one): [] As necessary & appropriate [] _____ times per week for _____ weeks

UPDATE FOR MEDICARE REQUIREMENTS/COMPLIANCE: []

I certify that this plan of care is medically necessary for the diagnosis indicated above.

Physician Phone Number &/or Address

Physician/Provider Signature

Date

First Rehab Appointment: Date: _____ - _____ - _____ Time: _____ am pm RTC Location: _____



Please visit our website for additional information: www.SaratogaHospital.org

Instructions for your first appointment with us:

- ✓ Please arrive at your scheduled time, which includes time for necessary paperwork.
- ✓ A parent or guardian must accompany children 17 years old and younger for the first visit in order to sign consent forms, and understand and agree to the plan of care.
- ✓ If you need to reschedule your appointment, we would appreciate at least 24-hour advance notification by calling **518-583-8383**.
- ✓ Wear or bring loose fitting attire if we will be evaluating your back, legs or shoulder.
- ✓ Be sure to bring your insurance cards, picture ID and this Rehabilitation Referral form to your first visit.
- ✓ Call your insurance company before your first visit so you can understand your OUTPATIENT therapy benefits at Saratoga Hospital and be fully informed about your out-of-pocket expenses for rehabilitation care.
- ✓ If you are being treated for an on-the-job injury (Workers' Compensation), then please bring the name and phone number of the Workers' Comp insurance contact person.
- ✓ If you are being treated for a motor vehicle-related accident, please bring the claim information and no-fault insurance contact name and phone number.
- ✓ Please allow 60 minutes for your first visit, and 30-45 minutes for your other visits.

Directions to Regional Therapy Center locations:

- 6 Care Lane, Second Floor (take elevator and then go over the walkway bridge), Saratoga Springs, 12866
 - Church St./Route 9N to Care Lane. Then turn into lot for 6 Care Lane, building on right.
[PT, OT, cardiac & pulmonary rehab, orthopedic rehab, breast rehab, hand therapy, and Health & Fitness Gym]
Hours: Monday – Friday 8:30 am to 5:00 pm
- 225 Washington Street, Saratoga Springs, 12866
 - Corner of Bensonhurst and Washington St., across from Roma Foods.
[PT, OT, Speech Therapy, Aquatic PT, orthopedic rehab, spine rehab, McKenzie Approach, vestibular/balance rehab, pediatric speech therapy, breast rehab, hand therapy, and lymphedema management.]
Hours: Monday – Thursday 8 am to 7 pm, and Friday 8 am to 5 pm
- Saratoga Medical Park at Malta, 8 Medical Park Drive, Suite 101, Malta, 12020
 - From Northway Exit 12 and Rte 9: Follow signs for Rte 67 West.
 - From Rte 50/Ballston Spa: Follow signs for Rte 67 East.
[PT, OT, Speech Therapy, Aquatic PT, orthopedic rehab, sports injuries, vestibular/balance rehab, post-concussion, breast rehab, hand therapy, pediatric habilitation, pelvic pain and incontinence, and functional capacity evaluation/work hardening]
Hours: Monday – Thursday 8 am to 7 pm, and Friday 8 am to 5 pm
- Milton Health Center, 510 Geyser Road, Ballston Spa, 12020
 - Between the Saratoga County Airport and the Mill Creek Mini Golf.
[PT, orthopedic conditions, breast rehab, spine rehab, McKenzie Approach, and vestibular/balance rehab, post-concussion]
Hours: Monday, Wednesday, Friday 8:30 am to 5:00 pm, Tuesday & Thursday 7:30 am to 5 pm.
- The Springs on Weibel Ave., Northway Exit 15, 9 Hampstead Place, Suite 107, Saratoga Springs, NY 12866
 - Across from the Recycling Center. Turn onto Bliven Way, then left onto Hampstead Pl., Second Bldg on left.
[PT, OT, S.P.O.R.T. Services, pelvic pain & incontinence, orthopedic conditions, spine rehab, McKenzie Approach, breast rehab, lymphedema management, and hand therapy]
Hours: Monday – Thursday 8 am to 7 pm, and Friday 8 am to 5 pm
- Saratoga Hospital, 211 Church Street, Saratoga Springs, 12866
 - For Video Fluoroscopy of Swallow Function, use “Main Entrance” and check-in at Cashiers Desk.