



REGIONAL THERAPY CENTER
A SERVICE OF SARATOGA HOSPITAL

Patient Label

6 CARE LANE
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

Hospital Central FAX: 518-693-4543
Rehab Direct FAX: 518-583-8437
www.SaratogaHospital.org

MALTA COMMONS
100 Saratoga Village Blvd., Suite 34
Malta, NY 12020

MILTON HEALTH CENTER
510 Geyser Road
Ballston Spa, NY 12020

Patient Name: _____ Date of Birth: _____

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

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

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

Treatment Objectives: _____

DISCIPLINE (Select at least one):

- [] Physical Therapy (PT) [] Speech-Language Pathology (SLP) [] **Ready-To-Work Services (OT/PT)
[] Occupational Therapy (OT) [] *Athletic Training (Licensed Athletic Trainer/Certified Strength & Conditioning Specialist)

EVALUATE AND TREAT (select at least one):

- [] As Appropriate [] Per Protocol: _____ [] Evaluate & recommendations only

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
[] Taping
[] Gait Analysis/Training

OT & Hand Therapy:

- [] Static Splinting
[] Dynamic Splinting
[] Scar Management
[] ADL Retraining

Wound Care (PT/OT):

- [] Hand/UE Whirlpool:
[] LE/Foot Whirlpool:

*SPORT Services (ATC/CSCS):

- [] Return-To-Sport Program For injured athletes after discharge from therapy
[] Athletic Enhancement: Strength, agility, endurance for well athletes - all ages

[] Lymphedema Trmt (PT/OT)

Pediatric (OT):

- [] Motor Development
[] Gross Motor Skills
[] Fine Motor Skills

Speech/Language (SLP) -

Pediatric & Adult:

- [] Articulation
[] Cognitive-Linguistic
[] Dysarthria
[] Fluency
[] Speech & Language
[] Voice

Adult only:

- [] Swallowing/Dysphagia
[] Videofluoroscopy Of Swallow Function

Women's Health Programs:

- [] Breast-Related Rehab
[] Pelvic Pain & Incontinence
[] Pre/Post Partum Back Pain
[] Osteoporosis

Other Specialized Services:

- [] Aquatic PT
[] Custom Foot Orthotics
[] Performing Arts Rehab
[] Stroke Rehabilitation
[] Post-Concussion Rehab
[] Vestibular Rehab

**Ready-To-Work Services:

- For Workers' Comp Only
[] Functional/Work Capacity Eval (FCE)
[] Work Hardening Program

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 (Select at least one): [] As appropriate [] _____ times per week for _____ weeks

I certify that the requested services are medically necessary when a clinical diagnosis is indicated above.

Physician Phone Number &/or Address

Physician 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 45-60 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, orthopedic rehab, hand therapy, cardiac & pulmonary rehab, 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 including McKenzie Approach, vestibular/balance rehab, pediatrics, hand therapy, and functional capacity evaluation/work hardening]
Hours: Monday – Thursday 8 am to 7 pm, and Friday 8 am to 5 pm
- Malta Commons Business Park, 100 Saratoga Village Blvd, Suite 34, Malta, 12020
 - From Northway Exit 12: Follow signs for Rte 67 East; turn right into the Business Park; turn left onto Saratoga Village Blvd., then take the first right to the lot for the Regional Therapy Center (near the corner).
 - From Rte 9, across from Parade Ground Village: Turn onto Saratoga Village Blvd. or Blacksmith Dr. Once in the Business Park, the Regional Therapy Center is located on the northeast corner of the complex, near Malta Chiropractic, and Malta Montessori.
[PT and OT, complex orthopedic conditions, spine and sacroiliac joint rehab, hand therapy]
Hours: Monday-Friday 8:30 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, back and neck pain, sports injuries]
Hours: Monday – Friday 8:30 am to 5:00 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 including McKenzie Approach, breast rehab, lymphedema management, vestibular rehab 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 wound whirlpools, Use “Same Day Surgery” entrance; follow signs to Diagnostic Center.
 - For Video Fluoroscopy of Swallow Function, use “Main Entrance” and check-in at Cashiers Desk.

Thank you for trusting us for your rehabilitation needs!