

PHYSICAL THERAPY PRESCRIPTION

Directional Preference Method - Self-Managed Knee Pain Program

Ron Clinton P.T., M.Ed., Cert. MDT (A McKenzie Certified Therapist)

HealthQuest

PHYSICAL THERAPY

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PHYSICAL THERAPY PRESCRIPTION

Patient Name _____ DOB _____

Diagnosis _____

Frequency _____ times/week for _____ weeks

Instructions

- ☐ Evaluate & treat
- ☐ Ice
- ☐ Moist heat
- ☐ Electrical stimulation
- ☐ Joint mobilization
- ☐ Massage
- ☐ Back program
- ☐ Ultrasound

Therapeutic Exercise

- ☐ AROM ☐ PROM ☐ AAROM
- ☐ Therapeutic exercise
 - ☐ Balance & Proprioceptive Training
 - ☐ Neuromuscular re-education
 - ☐ Functional training
 - ☐ Isometric exercise
 - ☐ Isotonic exercise
 - ☐ Gait training

Special Instructions _____

Dates to cover _____ to _____

Physician Signature _____

DID YOU KNOW?



Steroid injections offer a very short term benefit (a few months of relief). Long-term damage is done to the joint.

Physical Therapy can help decreased opioid use.



A conservative trial of physical therapy is the treatment of choice before any injection or surgery. The same is true for other joints. This is specifically true the older you are.

Research shows that a 10% loss of weight can decrease pain by 50%. A 10 pound weight loss decreases the comprehensive load on the knees by 48,000 pounds per mile walked.



Physical therapy can help to lessen pain and get you moving so you can lose weight if you need to.

THE DIRECTIONAL PREFERENCE METHOD



The Directional Preference Method is a non-surgical treatment technique used by certified physical therapists to eliminate back, neck and extremity pain in fewer visits compared to traditional treatment.

Pain is not visible on an MRI and X-ray. Expensive imaging often produces false positive MRIs & X-rays and should not be your final answer. By choosing physical therapy and the McKenzie method, we can help prevent surgery and relieve your knee pain.



Your knee problem may be a back problem. 45/101 patients with the primary complaint of knee pain were evaluated using the Directional Preference Method and found to have the spine as the source of the symptoms. Directional Preference Method Spine Treatment relieved the knee pain. 32/45 had significant knee arthritis on x-ray. 29/45 had no back pain. 34/45 had a positive MRI for significant knee problems.

Reduce your risk of significant heart problems associated with knee osteoarthritis. A course of Directional Preference Method Therapy focusing on reducing pain, and increasing strength and flexibility can add hundreds to thousands of steps walked per day.



20% of total knee replacement patients are not satisfied with the outcome. Try our Directional Preference Method program first! Call or visit us online at HQPT.com to schedule your free pain assessment today to see how our knee program can help you!

After 4 knee surgeries (2 ACLs & 2 arthroscopies), a 51 year-old male patient (finally) recovered from knee pain by following the Directional Preference Method program.

**PATIENT
TESTIMONIAL**



PHYSICAL THERAPY PRESCRIPTION



Back Coaching Services

We are low back, neck, facial pain, dizziness, and headache specialists.

Coordinated by Ron Clinton P.T., M.Ed.

a Certified McKenzie Spinal Specialist working with other highly trained spinal specialists.

When Doctors have spinal pain who do they see?

The long list of successful back coaching services (BCS) patients includes: 10 local doctors or dentist from the Rochester Area.

Cleveland clinic patients sent to Back Coaching Services.

Many Michigan with headaches, migraines or dizziness go to the Cleveland Clinic after seeing multiple doctors here without results. The Neurologist Director of the Headache Clinic send many of those patients to BCS. He chooses us because the Cleveland Clinic's P.T's are similarly trained as BCS therapist.

Patients come from Livonia, Lansing, Anchor Bay, Brighton, Northville, St. Clair etc. for their specialized treatment.

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ADDRESS

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KNEEANDSPINEPT.COM



PHYSICAL THERAPY PRESCRIPTION

Acct. Number: _____

Patient's Name: _____ D.O.B. _____

Diagnosis: _____

Duration: _____ 1 wk. _____ 2 wks. _____ 3 wks. _____ 4 wks. _____
other _____

Frequency: _____ Daily _____ 2 x wk _____ 3 x wk _____ 4 x wk _____

INSTRUCTIONS

- ☐ Evaluate and Treat
- ☐ Ice
- ☐ Moist Heat
- ☐ Electrical Stimulation
- ☐ Traction: _____

THERAPEUTIC EXERCISE

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> AROM | <input type="checkbox"/> PROM | <input type="checkbox"/> AAROM | <input type="checkbox"/> Isometric Exercise |
| <input type="checkbox"/> Joint Mobilization | <input type="checkbox"/> Therapeutic Exercise | <input type="checkbox"/> Balance & Proprioceptive Training | <input type="checkbox"/> Isotonic Exercise |
| <input type="checkbox"/> Neuromuscular Re-education | <input type="checkbox"/> Functional Training | <input type="checkbox"/> Isometric Exercise | <input type="checkbox"/> Gait Training |
| | | | <input type="checkbox"/> Stretching Exercise |
| | | | <input type="checkbox"/> Back Program |
| | | | <input type="checkbox"/> Neck Program |
| | | | <input type="checkbox"/> Home Program |

Special Instructions: _____

Dates to Cover: _____ to _____

Physician/Dentist Signature: _____

Rochester area spinal surgeon sends the toughest cases to BCS. This very conservative surgeon sends many patients that have failed P.T. elsewhere, failed steroid shots or rhizotomies. With the individualized treatment BCS provides many of these patients to have finally got their symptoms under control.