



# RET Physical Therapy & Healthcare Specialists

## HAND THERAPY REFERRAL

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Diagnosis/ICD-10: \_\_\_\_\_ Patient Phone: \_\_\_\_\_

Date of Injury: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

Clinic/Location Preference: \_\_\_\_\_

Notes: \_\_\_\_\_

OT/CHT - Evaluate & Treat per Therapist's Discretion

### OBJECTIVES

- Decrease Pain
- Decrease Edema
- Increase Strength
- Wound/Scar Management
- Desensitization
- ADL Re-Training
- Ergonomic Re-Education
- Joint Protection

### Modalities

- Ultrasound
- IASTM/Graston Technique
- TENS/FES
- Electrical Stimulation
- BTE Work Simulator
- Continuous Passive Motion
- Myofascial Release/Massage

### Exercises

- Active/Passive ROM
- Resistive/Strengthening
- Joint Mobilization
- Return to Work

### Splinting

- Static Splint
- Dynamic Splint
- Other: \_\_\_\_\_

Treatment Frequency: \_\_\_\_\_ times for \_\_\_\_\_ weeks    Recheck Date: \_\_\_\_\_

Provider Signature: X \_\_\_\_\_

Provider Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

### CENTRAL SCHEDULING

Phone: 844.708.7982 | Fax: 425.968.1454

[www.retptgroup.com](http://www.retptgroup.com)

# HAND THERAPY LOCATIONS



- BELLEVUE - (PT/Hand Clinic)**  
11711 NE 12th Street, Ste. 3A, Bellevue WA 98005  
P: 425.454.1405 | F: 425.633.9340
- BURIEN - HIGHLINE (PT/Hand Clinic)**  
275 SW 160th St., Ste. 105, Burien, WA 98166  
P: 206.513.2155 | F: 206.513.2886
- KIRKLAND - (Hand Clinic)**  
12910 Totem Lake Blvd. NE, Ste. 130, Kirkland, WA 98034  
P: 425.823.8055 | F: 425.658.5302
- PUYALLUP - SUMMIT (PT/Hand Clinic)**  
3801 5th St SE, Ste. 220, Puyallup WA, 98374  
P: 253.445.4258 | F: 253.445.4724
- RENTON - (PT/Hand Clinic)**  
19400 108th Ave. SE, Ste. #100, Kent, WA 98033  
P: 425.243.6923 | F: 425.529.9498
- SEATTLE - NORTHGATE (PT/Hand Clinic)**  
10564 5th Ave NE, Ste. 205, Seattle, WA 98125  
P: 206.486.3337 | F: 206.502.1027
- WOODINVILLE - (PT/Hand Clinic)**  
*New location, opening Fall 2022:*  
14229 NE Woodinville Duvall Rd, Woodinville, WA 98072  
P: 425.658.0110 | F: 425.658.5310

## 3 Ways to Schedule an Appointment!

- 1 Phone | 844.708.7982
- 2 Fax | 425.968.1454
- 3 Online | [retptgroup.com](http://retptgroup.com)

Appointment Day/Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM