

**SM&R Referral for Rehabilitation Services
Foot and Ankle Physical Therapy**

For Appointment: Phone: 713.521.0020 or 1.888.301.8477
Fax: 713.874.1798 or 1.888.504.8477 memorialhermann.org

Date: _____

Patient Name: _____ Phone: _____

Diagnosis: _____ ICD 10 Code: _____

Precautions: _____

Date of Injury: _____ Date of Surgery: _____ Procedure: _____

Frequency/Duration: days per week (check one) 1 2 3 4 5 for _____ weeks Therapist Discretion

Diagnosis

- | | | |
|---|---|---|
| <input type="checkbox"/> Achilles Tendonitis/Tendinosis | <input type="checkbox"/> Flat Foot Reconstruction | <input type="checkbox"/> Pes Planu (Flexible/Rigid) |
| <input type="checkbox"/> Ankle Fracture | <input type="checkbox"/> Gastrocnemius Contracture | <input type="checkbox"/> Plantar Fasciitis/Rupture |
| <input type="checkbox"/> Ankle Reconstruction | <input type="checkbox"/> Jones Fracture | <input type="checkbox"/> Posterior Impingement Syn. Ankle |
| <input type="checkbox"/> Achilles Tendon Rupture | <input type="checkbox"/> Hallux Limitus/Rigidus | <input type="checkbox"/> PTT Rupture |
| <input type="checkbox"/> Anterior Ankle Impingement | <input type="checkbox"/> Hypersensation / Neuritis | <input type="checkbox"/> PTT Tendonitis/Tendinosis |
| <input type="checkbox"/> Ankle Sprain (I, II, III, IV) | <input type="checkbox"/> Lateral Ankle Instability | <input type="checkbox"/> Stress Fracture |
| <input type="checkbox"/> Bunions | <input type="checkbox"/> LisFranc Fx/Sprain | <input type="checkbox"/> Tarsal Tunnel Syndrome |
| <input type="checkbox"/> Calcaneal Fracture | <input type="checkbox"/> Metatarsalgia 1, 2, 3, 4, 5 | <input type="checkbox"/> Total Ankle Replacement |
| <input type="checkbox"/> Edema | <input type="checkbox"/> Peroneal Weakness/Tendonitis | <input type="checkbox"/> Turf Toe |

Crutches

Weight Bearing Status: Right / Left NWB TDWB WBAT

Physical Therapy Protocol

- | | | |
|--|---|--|
| <input type="checkbox"/> Achilles Tendon Repair Protocol | <input type="checkbox"/> Calcaneus Fracture Protocol | <input type="checkbox"/> Lateral Ligament Recon. Protocol |
| <input type="checkbox"/> Achilles Tendonitis Protocol | <input type="checkbox"/> Edema / Desensitization Protocol | <input type="checkbox"/> Plantar Fasciitis Protocol |
| <input type="checkbox"/> Ankle Fracture Protocol | <input type="checkbox"/> Footwear Recommendation (Runner) | <input type="checkbox"/> Posterior Tibialis Tendon Transfer Protocol |
| <input type="checkbox"/> Ankle Sprain Protocol | <input type="checkbox"/> Insertional Achilles Recon. Protocol | <input type="checkbox"/> Total Ankle Replacement Protocol |

Treatment

- | | | |
|--|--|---|
| <input type="checkbox"/> Evaluate and Treat | <input type="checkbox"/> 4 mg/ml Dexamethasone | <input type="checkbox"/> Taping Instruction |
| <input type="checkbox"/> Modalities as indicated | <input type="checkbox"/> Phonophoresis | <input type="checkbox"/> Gait Training |
| <input type="checkbox"/> AlterG | <input type="checkbox"/> 10% Hydrocortisone | <input type="checkbox"/> Dry Needling |
| <input type="checkbox"/> Iontophoresis | <input type="checkbox"/> Video Gait Analysis | <input type="checkbox"/> Active Release Therapy |

Comments/Special Instructions _____

Requested Location (optional) _____ Requested Therapist (optional) _____

Next physician appointment _____

Signature _____ Physician Print Name _____ NPI/MHHS ID. _____ Date _____ Time AM PM Contact No. _____



MEMORIAL HERMANN SPORTS MEDICINE & REHABILITATION

- A** Aquatic Therapy
- B** Hand Therapy
- C** Sport-Specific Rehabilitation
- D** McKenzie Method®
- E** IASTM
- G** Dry Needling
- H** Neurological Rehabilitation
- I** Lymphedema Management
- J** Vestibular Rehabilitation
- K** Speech Therapy
- L** Prenatal/ Postpartum Therapy
- M** AlterG®/Body Weight Support Treadmill
- N** Physical Therapy
- O** Pelvic Floor Therapy
- P** TMJ Therapy
- Q** Concussion Therapy
- R** Occupational Therapy
- S** Schroth Method

Appointments:
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SOUTHWEST

- 1 Southwest **B C D E N R**
7789 Southwest Fwy., Suite 570, Houston, TX 77074
713.456.5221 F: 713.456.5229
- 2 Rockets Sports Medicine Institute–Sugar Land **B C E G L M N Q R**
17520 W. Grand Pkwy. S., Suite 100, Sugar Land, TX 77479
281.725.5895 F: 281.725.5898
- 3 Sugar Land–Williams Trace **A B C D E G H L N O R S**
14857 Southwest Fwy., Sugar Land, TX 77478
281.242.8900 F: 281.242.0355
- 4 Sienna **C D L**
8790 Hwy. 6, Suite 140, Missouri City, TX 77459
281.778.1822 F: 281.778.1826
- 5 Wharton **C H J L N**
2018 Regional Medical Center Dr., Suite 1301, Wharton, TX 77488
979.532.0888 F: 832.658.4040

WEST

- 6 Katy **A C E N**
23960 Katy Fwy., Suite 100, Medical Plaza 2, Katy, TX 77494
281.644.7880 F: 281.644.7888
- 7 Town and Country **A C E J L N S**
650 W. Bough Lane, Suite 168, Houston, TX, 77024
832.658.3150 F: 713.722.7051
- 8 Rockets Sports Medicine Institute - Katy **B C E G M N R**
23910 Katy Fwy., Suite 100, Katy, TX 77493
281.500.6100 F: 281.500.6101
- 9 Rockets Sports Medicine Institute–Memorial City **B C E G M N Q R S**
10125 Katy Fwy., Suite 100, Houston, TX 77024
713.242.2270 F: 713.242.3931
- 10 Westside **C G N**
1140 Business Center Dr., Suite 102, Houston, TX 77043
713.338.7570 F: 713.338.7575
- 11 Convenient Care Center–South Katy **B C D E G N R S**
22430 Grand Corners Dr., Katy, TX 77494
281.371.1850 F: 281.371.1851

SOUTHEAST

- 12 Pasadena **B C E G J N R**
4804 E. Sam Houston Pkwy. S., Suite 200, Pasadena, TX 77505
281.487.4457 F: 281.991.0336
- 13 Southeast **B C D H J N Q R**
Medical Plaza I, 11914 Astoria Blvd., Suite 620, Houston, TX 77089
281.929.4475 F: 281.929.6276
- 14 Pearland West–Silverlake Village **A C D E G J L N Q**
3149 Silverlake Village, Suite 120, Pearland, TX 77584
713.436.8869 F: 713.436.1838
- 15 Pearland East **B C E G N R S**
5032 W. Broadway, Pearland, TX 77581
281.485.4044 F: 281.485.4081
- 16 Alvin–Thelma Ley Anderson YMCA **C N**
3201 S. Hwy. 35, Alvin, TX 77511
281.331.9559 F: 281.331.8875
- 17 Webster **B C E G L N O R**
19419-3 Gulf Fwy., Webster, TX 77598
281.488.2815 F: 281.488.2844
- 18 Convenient Care Center–League City **C E N**
2555 S. Gulf Fwy., League City, TX 77573
832.932.9820 F: 832.932.9825

EAST

- 19 East Houston **C D E G L N**
10907 East Fwy., Houston, TX 77029
713.674.2573 F: 713.674.3081
- 20 Mid County **B C E G N R**
3512 Hwy. 365, Nederland, TX, 77627
409.722.7116 F: 409.722.7450

NORTH

- 21 Conroe **C E G L N P**
2956 I-45 North, Suite 500, Conroe, TX 77303
936.441.4422 F: 936.441.4427
- 22 South Conroe **C E I G H J L N P Q**
690 S. Loop 336 W., Suite 120, Conroe, TX 77304
936.270.6020 F: 936.270.6025
- 23 Willowbrook **C D N**
19760 State Hwy. 249, Houston, TX 77070
281.469.9397 F: 281.469.9756
- 24 The Woodlands **C E G J L M N O P Q S**
Medical Plaza 4, 9180 Pinocroft Dr., Suite 200,
The Woodlands, TX 77380
713.897.2549 F: 713.897.2544
- 25 The Woodlands–Sterling Ridge **C D E J L N P Q**
10333 Kuykendahl, Suite C, The Woodlands, TX 77382
832.813.7023 F: 832.813.7099
- 26 Rockets Sports Medicine Institute–The Woodlands **B C G M N R**
9305 Pinocroft Dr., Suite 450, The Woodlands, TX 77380
713.897.7930 F: 713.897.2632
- 27 Cypress **C E G N O Q**
27700 Northwest Fwy., Suite 130, Cypress, TX 77433
346.231.6900 F: 346.231.6901
- 28 Convenient Care Center–Spring **C E J N Q**
7474 N. Grand Pkwy., Suite 300, Spring, TX 77379
281.374.5440 F: 281.374.5445

NORTHEAST

- 29 Fall Creek **C E J L N O Q**
9522 N. Sam Houston Pkwy. E., Suite 2330, Humble, TX 77396
713.814.2510 F: 713.704.3890
- 30 Atascocita **C E G J N Q**
13531 Will Clayton Pkwy., Suite 600, Humble, TX 77346
713.814.2520 F: 713.704.3891
- 31 Convenient Care Center–Kingwood **C E G N Q**
4533 Kingwood Dr., Level 1, Suite 100, Kingwood, TX 77345
832.658.4310 F: 713.704.2763
- 32 Kingwood West **B C E G N Q**
601 Rockmead Dr., Kingwood, TX 77339
713.814.2530 F: 713.704.3844

CENTRAL

- 33 Rockets Sports Medicine Institute–Texas Medical Center **B C E G M N Q R**
6400 Fannin St., Suite 1620, Houston, TX 77030
713.704.2200 F: 713.704.9602
- 34 Greenway Plaza **B C D E G L N O R**
3651 Wesleyan St., Suite 110, Houston, TX 77027
713.850.8472 F: 713.850.8490
- 35 Rockets Sports Medicine Institute–Shepherd Square **C E G M N Q**
2085 Westheimer Rd., Houston, TX 77098
713.526.6143 F: 713.527.8215
- 36 Greater Heights **A B C D E G N R**
300 North Loop, Suite 300, Houston, TX 77008
713.867.2300 F: 713.867.2545
- 37 Convenient Care Center–Greater Heights **C D E G N S**
1431 Studemont St., Houston, TX 77007
346.701.3820 F: 346.701.3825
- 38 Bellaire **C G N P Q S**
5420 W. Loop S., Suite 1400, Bellaire, TX 77401
713.314.4531 F: 713.314.4579

**MEMORIAL
HERMANN**
Sports Medicine &
Rehabilitation