

Prescription/Referral for Physical Therapy

Patient: _____ Date: _____

DOB: _____ Phone: _____ Email: _____

Recommended Therapy Location: _____/Therapist: _____

Freq: 1 2 3 4 5 visits Weekly for 4 6 8 12 _____ weeks

Referring Diagnosis:

L / R

- | | |
|--|---|
| <input type="checkbox"/> Hip Pain (ICD 10: M25.55) | <input type="checkbox"/> Greater Trochanteric Bursitis (ICD 10: M70.61) |
| <input type="checkbox"/> FAI (ICD 10: M25.85) | <input type="checkbox"/> Gluteus Medius/Minimus Pain (ICD 10: M76.01) |
| <input type="checkbox"/> Labral Tear (ICD 10: S73.19) | <input type="checkbox"/> Snapping Hip (ICD 10: M24.85) |
| <input type="checkbox"/> Retro/Ante Version (ICD 10: Q65.89) | <input type="checkbox"/> Deep Gluteal Pain (ICD 10: M76.01) |
| <input type="checkbox"/> Hip Dysplasia (ICD 10: Q65.89) | <input type="checkbox"/> SI Joint Dysfunction (ICD: M46.1) |
| <input type="checkbox"/> Microinstability (ICD 10: M24.25) | <input type="checkbox"/> Other Diagnosis: _____ ICD-10: _____ |

Surgical Information: Date of Surgery: _____ L / R Next Physician Appt: _____

Operative Note will be included. If you have not received the document, please contact the office listed above.

- | | | |
|---|--|---|
| <input type="checkbox"/> Arthroscopy | <input type="checkbox"/> Femoral Osteotomy | <input type="checkbox"/> IT Band Lengthening |
| <input type="checkbox"/> Surgical Hip Dislocation | <input type="checkbox"/> Labral Repair | <input type="checkbox"/> Gluteus Medius Repair |
| <input type="checkbox"/> Periacetabular Osteotomy (PAO) | <input type="checkbox"/> Femoroplasty (Cam rsxn) | <input type="checkbox"/> Acetabuloplasty |
| <input type="checkbox"/> Trochanteric Bursectomy | <input type="checkbox"/> MicroFracture | <input type="checkbox"/> Removal of Hardware: _____ |
| <input type="checkbox"/> Subspine Decompression | <input type="checkbox"/> Capsular plication | <input type="checkbox"/> Other: _____ |

- CPM:**
- 0-90 (Normal)
 - Other: _____

- WB STATUS:**
- NWB x _____ weeks
 - 20-lb FFWB x _____ weeks
 - Progress to FWB as Tolerated

- BRACE:**
- Abduction x _____ weeks
 - Neo Groin x _____ weeks

Precaution: Capsule Closure is completed as part of any joint-based surgical procedure unless otherwise specified (No hyperextension with external rotation x 4 weeks)

Procedure Notes/Past Surgical History:

Evaluate and Treat

Treatment Recommendations:

- Non-operative FAI program
 - Pilates-based Hip and Core Strengthening
 - Functional progression as tolerated
 - Sports Performance/RTS Testing
 - Aquatics Based Program
 - Other: _____
- Modalities as Needed / Determined by Therapist**
- Dry Needling
 - E-Stim for Muscle Re-Education
 - Iontophoresis w/ Dexamethasone to _____
 - Other: _____

Dr. Mansour Post-op Hip Protocols

- Hip Arthroscopy
- Hip Scope with Microfracture
- Scope/PAO
- PAO
- Surgical Hip Dislocation
- Proximal Femoral Osteotomy
- Trochanteric Bursectomy
- Gluteus Medius Repair

You can find more information as well as rehabilitation protocols online at www.alfredmansourmd.com or contact Abbey.Phelps@memorialhermann.org

Additional Notes/Instructions:

I certify that this prescribed therapy is medically necessary,

Alfred A Mansour, III, MD

Stephanie Stekier, PA-C

Signature: _____ Last Name: _____ NPI#: 1770630568 Date: _____ Phone: (713)486-1823



HIP PRESERVATION PROGRAM

Memorial Hermann Physical Therapy Locations and Information

	Location	Phone	Address	Therapist
1	MH – Shepherd Square RSMI	(713) 526-6143	2085 Westheimer Road Houston, TX 77098	Abbey Phelps, Phil Sheedy, Brian Duncan, Michelle Sutherland, Pierce Fonseca
2	MH – Texas Medical Center	(713) 704-9602	6400 Fannin Street, 16 th Floor Houston, TX 77030	Alexa Edwards, Kaylin Kruseman
3	MH – Memorial City RSMI	(713) 242-2270	10125 Katy Freeway, Suite 100 Houston, TX 77024	Lequita Williams-Golden, Hallie Kou
4	MH – Pearland RSMI	(713) 436-8869	11049 Memorial Hermann Drive Pearland, TX 77584	Alex Anderson, Joby Samuel
	MH – Pearland East	(281) 485-4044	5032 W Broadway Street Pearland, TX 77581	Justin Howard, Nandita Mahendra
5	MH – Woodlands RSMI	(713) 897-7930	9305 Pinemcroft Drive, Suite 450 The Woodlands, TX 77380	Victoria Rigsby, Andy Cox
	MH- Woodlands SMR	(713) 897-2549	9180 Pinemcroft Drive, Suite 200 The Woodlands, TX 77380	Dustin Bessire, Sienna Kahlden
6	MH – Sugarland RSMI	(281) 725-5895	17520 West Grand Parkway South, Suite 350 Sugarland, TX 77479	Alexis Roensch
7	MH – Katy RSMI	(281) 500-6100	23910 Katy Freeway, Suite 100 Katy, TX 77494	Courtney Bohne
	MH – Katy SMR	(281) 644-7880	23960 Katy Freeway, Suite 100 Katy, TX 77494	Michael Tsang
8	MH – Cypress	(346) 231-6900	27700 Northwest Freeway, Suite 130 Cypress, TX 77433	Dana Brooks
9	MH – Atascocita	(713) 814-2520	13531 Will Clayton Pkwy., Suite 600 Humble, TX 77346	Sheri Byrd
10	MH – Bellaire	(713) 314-4531	5420 West Loop South, Suite 1400 Bellaire, TX 77401	Ali Forejt, Amy Hsieh, Lauren Ferrante
11	MH – Fall Creek	(713)-814-2510	9522 N Sam Houston Pkwy E, Suite 2330 Humble, TX 77396	Ashley Gregg