

Fax to (860) 714-8984
Attn: Matt Durst PT



0980024

Patient Label

OUTPATIENT REHABILITATION DOCTORS ORDER

Diagnosis: _____

Surgical Procedures: _____ Precautions: _____

- Physical Therapy Occupational Therapy Speech Therapy Hand Therapy

- EVALUATE / TREAT HOME PROGRAM / INSTRUCTIONS

INTERVENTIONS

MODALITIES

- Heat/Cold Therapy
- Ultrasound
- Phonophoresis with _____
- Electric Stimulation (HVGS/LVGS/MENS/TENS)
- Iontophoresis with _____
- Whirlpool
- Traction - Cervical, Lumbo-Pelvic (Mechanical)

EXERCISE

- Individual Aquatic Therapy
- Group Aquatic Therapy
- Isometric Exercise
- Isotonic Exercise
- Isokinetic Exercise
- Neuromuscular Re-education
- Progressive Resistive Exercise
- Group Therapeutic Exercise

RANGE OF MOTION

- Passive ROM
- Active ROM
- Active Assistive ROM
- Contraindications _____

MANUAL TECHNIQUES

- Manual Therapy
- Massage

FUNCTIONAL TRAINING

- Posture/Body Mechanics Training
- Transfer Training
- Gait Training
- Vestibular/Balance Training
- ADL Training
- Orthotic Training
- Prosthetic Training
- Wheelchair Mobility Training
- Fall Prevention Training/Exercise

SPEECH LANGUAGE SERVICES

- Speech/Language Therapy
- Cognitive-Linguistic Therapy
- Dysphagia Evaluation and Treatment
- Voice Therapy
- Oral/Motor Therapy
- Pediatric Speech/Language Therapy

SPECIALTY PROGRAMS

Day Treatment Program

- Physical Therapy Evaluation
- Occupational Therapy Evaluation
- Speech Therapy Evaluation

Lymphedema Management

- Manual Lymph Drainage
- Compression Bandaging
- Vasopneumatic Compression
- Whirlpool

Pelvic Floor Dysfunction

- Biofeedback
- Neuromuscular Re-Ed
- Therapeutic Exercise
- Electrical Stimulation

Mount Sinai Rehabilitation Hospital Clinics

- Wheelchair
- Prosthetic
- Orthotic

Wound Care Management

- Whirlpool
- Wound Selective Debridement
- Dressing: (specify) _____

Vestibular/Balance Assessment

Splinting/Bracing: (specify) _____

ADDITIONAL ORDER / INSTRUCTIONS: _____

FREQUENCY: _____ X/WEEK DURATION: _____ WEEKS OR _____ VISITS

PHYSICIAN NAME: _____

PHYSICIAN SIGNATURE: _____ DATE: _____ TIME: _____

MOUNT SINAI REHABILITATION HOSPITAL is located on the Mount Sinai Campus of Saint Francis Hospital and Medical Center at 490 Blue Hills Avenue, Hartford, CT 06112. Phone: 860-714-3500 or Toll Free 800-789-7709. **Patient and visitor drop off and pick up is available at the entrance.**



The Center for Pelvic Floor Dysfunction is located on the main floor (3rd) of the campus, between the Wound Care Center and the main lobby of the Mount Sinai Rehabilitation Hospital.

From Visitor Parking* cross Blue Hills Avenue to enter the main campus lobby. Once inside the lobby, walk to left of the Security desk and follow the long hallway to the end by the entrance to the Town Commons. Turn right and proceed down the hall past the Aquatics Center on your left, turn right at the intersection in front of the elevators, proceed to the lobby directly in front, speak to one of the front desk staff and indicate that you are a first time patient.

From Valet Parking or Handicapped & Outpatient Parking** enter through the Mount Sinai Rehabilitation Hospital lobby. Once inside the lobby, speak to one of the front desk staff and indicate that you are a first time patient.

Directions

From Interstate 91 Southbound Take Exit 35B. Turn right onto Route 218 West. Continue to the intersection of Route 218 West and Blue Hills Avenue. Turn left onto Blue Hills Avenue. Proceed to the intersection of Blue Hills Avenue and Tower Avenue. Turn right onto Tower Avenue. Turn left into the visitors' parking lot.

From Interstate 91 Northbound Take Exit 34. Turn left at stop sign. At light, turn left onto North Main Street. Turn right onto Tower Avenue and continue to the intersection of Tower Avenue and Blue Hills Avenue. Proceed straight through the intersection and turn left into the visitors' parking lot.

From Interstate 84 Proceed to Interstate 91 North and follow the directions above.

Parking

Visitor Parking* is available across the street in the lot at the corners of Blue Hills Avenue and Tower Avenue. Lot entrance is a half block down on Tower Avenue.

Valet Parking** is provided as a free-of-charge service through the main campus entrance driveway on Blue Hills Avenue, the Valet booth is located in front of the Wound Care Center. Hours are 6:00 a.m.-7:00 p.m. Monday thru Friday.

Handicapped & Outpatient Parking** is available in the Mount Sinai Rehabilitation Hospital Parking Lot, accessible through the main campus entrance driveway on Blue Hills Avenue. The gated lot is to your immediate right. Please press the call button at the gate to gain access.

How to gain control of your incontinence through a safe, non-surgical method.

The problem

Incontinence means the involuntary loss of bladder or bowel control--the inability to predict where and when urination and/or bowel movements will occur. This problem is a common disorder experienced by millions of men and women of all ages.

It is often difficult to manage and many are of the mistaken belief that nothing can be done to correct it. Incontinence can lead to frustration, isolation and depression.

It's not hopeless.

Incontinence is not a hopeless condition. Incontinence is not a disease, but rather a symptom of an underlying condition that affects men and women of all ages and backgrounds.

Embarrassment, shame and a mistaken sense of futility about management of the problem can prevent people from seeking help.

Causes and Types of Incontinence

There are many causes of incontinence including infections, pregnancy, obesity and surgical procedures. It can also be brought on by a variety of diseases such as diabetes, multiple sclerosis and cerebral vascular accidents. There are different types of incontinence:

- Stress Incontinence- a small amount of urine is released by such every day activities as laughing, coughing and sneezing.
- Urge Incontinence- the urge to urinate comes on so suddenly that it is often impossible to reach a toilet in time.
- Overflow Incontinence- the bladder is constantly filled, causing it to release small amounts of urine frequently.
- Reflex Incontinence- the absence of bladder control due to impaired nerve function.
- Fecal Incontinence- impaired rectal sensation or muscle control that results in the loss of stool or the staining of underclothes.

Designed to meet your needs

At the Mount Sinai Rehabilitation Hospital , a *Saint Francis Care Provider*, you will find a conservative approach to solving your incontinence problem.

We advocate a self-help program of exercise and surface EMG which has proven effective in helping many patients regain bladder and/or bowel control.

Surface EMG is utilized to assist you in learning to utilize the proper muscles that can help you overcome incontinence by providing timely feedback while you exercise.

THIS IS ACCOMPLISHED THROUGH THE USE OF A RECTAL OR VAGINAL INSERT THAT IS NOT COVERED BY INSURANCE. THE COST OF THE INSERT IS A ONE TIME CHARGE OF \$47.00 AND IS PAYABLE TO THE MANUFACTURER OF THE INSERT AT THE TIME OF THE FIRST VISIT.

The insert is re-usable specific by the patient for use at home exercises and with visits back to Therapy for re-assessment purposes.

The exercises are essential in strengthening the muscles that support the pelvic organs.

When weakened or stretched, the muscles can cause or contribute to the problem of incontinence.

The exercises you will be taught are simple to do but they play a major role in helping you overcome incontinence.

Based on your physician's prescription/diagnosis, we will formulate a plan of care involving muscle re-education, therapeutic exercise, behavior modifications, home exercise program, biofeedback/pelvic floor muscle stimulation and patient/family education as needed.

Generally the exercises and EMG program can be mastered in a total of 8-10 visits over a period of 10-12 weeks.

For more information, please call 714-3126 and speak to Matthew Durst PT.

How to gain control of your constipation through a safe, non-surgical method.

The problem

Constipation, dyssynergic defecation or anorectal disorder involves the inability to predict where and when you can have or facilitate a bowel movement.

This problem is a common disorder experienced by millions of men and women of all ages.

It is often difficult to manage and many are of the mistaken belief that nothing can be done to correct it.

Constipation, dyssynergic defecation or anorectal disorder can lead to frustration, isolation, depression and reduced quality of life.

It's not hopeless.

Constipation, dyssynergic defecation or anorectal disorder is not a hopeless condition. These diagnoses are not a disease, but rather a symptom of an underlying condition that affects men and women of all ages and backgrounds.

Embarrassment, shame and a mistaken sense of futility about management of the problem can prevent people from seeking help.

Designed to meet your needs

At the Mount Sinai Rehabilitation Hospital, a *Saint Francis Care Provider*, you will find a conservative approach to solving your constipation problem.

We advocate a self-help program of exercise and surface EMG which has proven effective in helping many patients regain bowel control.

Surface EMG is utilized to assist you in learning to utilize the proper muscles that can help you overcome constipation by providing timely feedback while you exercise.

THIS IS ACCOMPLISHED THROUGH THE USE OF A RECTAL OR VAGINAL INSERT THAT IS NOT COVERED BY INSURANCE. THE COST OF THE INSERT IS A ONE TIME CHARGE OF \$47.00 AND IS PAYABLE TO THE MANUFACTURER OF THE INSERT AT THE TIME OF THE FIRST VISIT.

The insert is re-usable by the patient for use at home with prescribed exercises and with visits back to Therapy for re-assessment purposes.

The exercises are essential in improving the coordination of the muscles that support the pelvic organs.

When these muscles are not utilized properly when attempting to have a bowel movement they can cause or contribute to the problem of constipation.

The exercises you will be taught are simple to do but they play a major role in helping you overcome constipation.

Based on your physician's prescription/diagnosis, we will formulate a plan of care involving muscle re-education, therapeutic exercise, behavior modifications, home exercise program, biofeedback/pelvic floor muscle stimulation and patient/family education as needed.

Generally the exercises and EMG program can be mastered in a total of 8-10 visits over a period of 10-12 weeks.

For more information, please call 714-3126 and speak to Matthew Durst PT.

Locations:

Hartford: Mount Sinai Rehabilitation Hospital
490 Blue Hills Avenue
Hartford, CT 06112
Phone: 860-714-3437
Fax: 860-714-8550

Center for Rehabilitation and Sports Medicine
95 Woodland Street
3rd Floor
Hartford, CT 06105
Phone: 860-714-4500
Fax: 860-714-8098

Saint Francis Hospital and Medical Center
Rehabilitation Medicine Department
(Contact the department for services available)
114 Woodland Street
Hartford, CT 06105
Phone: 860-714-5950
Fax: 860-714-8104

West Hartford: Mount Sinai Physical Therapy Center at the
Jewish Community Center
335 Bloomfield Avenue
West Hartford, CT 06117
Phone: 860-231-6352
Fax: 860-523-4576