

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

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

☐ Crutches

Weight Bearing Status: Right / Left ☐ NWB ☐ TDWB ☐ WBAT

Physical Therapy Protocol

- | | | |
|--|---|--|
| ☐ Achilles Tendon Repair Protocol | ☐ Calcaneus Fracture Protocol | ☐ Lateral Ligament Recon. Protocol |
| ☐ Achilles Tendonitis Protocol | ☐ Edema / Desensitization Protocol | ☐ Plantar Fasciitis Protocol |
| ☐ Ankle Fracture Protocol | ☐ Footwear Recommendation (Runner) | ☐ Posterior Tibialis Tendon Transfer Protocol |
| ☐ Ankle Sprain Protocol | ☐ Insertional Achilles Recon. Protocol | ☐ Total Ankle Replacement Protocol |

Treatment

- | | | |
|--|--|---|
| ☐ Evaluate and Treat | ☐ 4 mg/ml Dexamethasone | ☐ Taping Instruction |
| ☐ Modalities as indicated | ☐ Phonophoresis | ☐ Gait Training |
| ☐ AlterG | ☐ 10% Hydrocortisone | ☐ Dry Needling |
| ☐ Iontophoresis | ☐ Video Gait Analysis | ☐ Active Release Therapy |

Comments/Special Instructions _____

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

Next physician appointment _____

☐ I, referring provider, attest that I have discussed this referral with the patient, and the patient has provided consent to the sharing of their demographic and contact information with Memorial Hermann or its affiliated providers for the purposes related to this referral, including: (1) telephone calls and text messages regarding health care, including but not limited to scheduling, reminders, and medication refills; (2) email or mail communications regarding health care, including but not limited to scheduling, reminders, and medication referrals; and (3) other information regarding my health care, billing and health related services and benefits. I have instructed the patient if they wish to revoke this consent, they may contact Memorial Hermann at 713-222-CARE (2273) or opt out directly after receipt of communication.

☐ AM
☐ PM

Provider Signature

Print Name

NPI/MHHS ID.

Date

Time

Contact No.



Sports Medicine & Rehabilitation Centers

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

Appointments:
713.521.0020 or
1.888.301.8477

FAX:
713.874.1798 or
1.888.504.8477

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**
17520 W. Grand Pkwy. S., Suite 100, Sugar Land, TX 77479 **N Q R**
281.725.5895 F: 281.725.5898
- 3 **Sugar Land-Williams Trace** **A B C D E G H I L N O R S**
14857 Southwest Fwy., Sugar Land, TX 77478
281.242.8900 F: 281.242.0355
- 4 **Sienna** **C E G N**
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 G L N O**
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 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 **Corbindale** **C E G L N**
950 Corbindale Road, Suite 100, Houston, TX 77024
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 G J N Q R**
Medical Plaza I, 11914 Astoria Blvd., Suite 620, Houston, TX 77089
281.929.4475 F: 281.929.6276
- 14 **Memorial Hermann | Rockets Sports Medicine Institute-Pearland** **B C D E G M N P Q**
11049 Memorial Hermann Dr., Suite 150, Pearland, TX 77584
713.436.8869 F: 713.436.1838
- 15 **Pearland East** **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 G 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 **Willis** **C E G N**
12318 I-45, Suite 500, Willis, TX 77378
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 E G N**
19760 State Hwy. 249, Houston, TX 77070
281.469.9397 F: 281.469.9756
- 24 **The Woodlands** **C E G L M N O P S**
Medical Plaza 4, 9180 Pinecroft 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 Pinecroft Dr., Suite 100, The Woodlands, TX 77380
713.897.7930 F: 713.897.2632
- 27 **Rockets Sports Medicine Institute-Cypress** **B C E G N O Q R**
27646 Northwest Fwy., Suite 150, Cypress, TX 77433
346.231.6900 F: 346.231.6901
- 28 **Convenient Care Center-Spring** **C E G 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 L N O**
9522 N. Sam Houston Pkwy. E., Suite 2330, Humble, TX 77396
713.814.2510 F: 713.704.3890
- 30 **Atascocita** **B 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**
722 Kingwood 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
713.704.9602 F: 713.704.9005
- 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