



**kitsappphysicaltherapy**  
AND SPORTS CLINICS  
www.KitsapPT.com

**BAINBRIDGE ISLAND**

(206) 842-6288 Fax: 842-6292  
Jeff Day PT  
Linne Stringer PT  
Martha Devereaux PT, NDT  
Suzanne Brassel PT  
Matt Knoebel PT, DPT

**BREMERTON**

(360) 792-1015 Fax: 792-0964  
Scott Richards PT, SCS, ATC  
Dana Jackson PT, OCS, MPT  
Jim Trostad PT, OCS  
Sharon Stanley PT, Cert. MDT, MPT

**KINGSTON**

(360) 297-7050 Fax: 297-7502  
Rich McDowell PT, OCS  
Breane Martinez PT, MPT  
Eric Roth PT, COMT, MPT

**PORT ORCHARD**

(360) 895-9090 Fax: 895-9089  
John Carlson PT  
Rick Meade PT, OCS, Cert. MDT  
Dena Larsen PT, DPT  
Candy Nelson PT, OCS, Cert. MDT

**POULSBO VILLAGE**

(360) 779-3777 Fax: 779-3797  
Ron Mimaki PT, OCS, CHT, MPT  
Claudette Wheeler PT, OCS  
Anna Marx PT, DPT

**POULSBO  
NK MEDICAL CENTER**

(360) 779-3764 Fax: 779-9740  
Robert Sprague PT  
Mike Danford PT, OCS, MTC  
Laurie Coykendall PT  
Stacey Watland PT, DPT

**SILVERDALE**

(360) 613-1834 Fax: 613-2716  
Dave Damon PT, OCS, ATC  
Jodi McDowell PT, MPT  
Kirsten Bakke PT, DPT  
Nathan Edwards PT, DPT  
Thayne Bosh PT, CSCS, DPT  
Steve Goldrick PT, DPT

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ ICD-9#: \_\_\_\_\_

**Evaluate and Treat Appropriately**

*If desired, please list any special elements of care plan you want emphasized including exercise, manual therapy, modalities, etc.* \_\_\_\_\_

**Specialty Programs** (not all available at each location)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Work Conditioning  | <input type="checkbox"/> Sports Rehab/Perf. Enhancement  | <input type="checkbox"/> Orthotics                |
| <input type="checkbox"/> PCE Testing        | <input type="checkbox"/> Fitness Testing                 |   |
| <input type="checkbox"/> TMJ/TMD            | <input type="checkbox"/> Aquatic Therapy                 | <b>Women's Health</b>                             |
| <input type="checkbox"/> Hand Therapy       | <input type="checkbox"/> Golf Rehab                      | <input type="checkbox"/> Osteoporosis             |
| <input type="checkbox"/> Pilates            | <input type="checkbox"/> Ergonomic Job Site Eval         | <input type="checkbox"/> Urinary Incontinence     |
| <input type="checkbox"/> Lymphedema         | <input type="checkbox"/> Cardiac Conditioning            | <input type="checkbox"/> Pre/Post Maternity Rehab |
| <input type="checkbox"/> Neurological Rehab | <input type="checkbox"/> Balance/Vestibular Program      | <input type="checkbox"/> Pelvic Pain              |
| <input type="checkbox"/> Fall Prevention    | <input type="checkbox"/> McKenzie Treatment of the Spine |   |

**Goals:**

- Decrease pain, inflammation, swelling, muscle guarding
- Improve function, ROM, strength, fitness

**Plan:**

\_\_\_\_\_ visits/week over 1 2 3 4 6 8 weeks or **Total Sessions** \_\_\_\_\_

**Comments/precautions:** \_\_\_\_\_

Physician: **X** \_\_\_\_\_

*Thank you for this referral*



*In making this referral, physician certifies that prescribed rehabilitation is a medical necessity.*



**BAINBRIDGE ISLAND**  
**(206) 842-6288**

We are located at 911 Place just across from Frontier Bank at the end of Hildebrand Lane.

**911 Hildebrand Lane NE**  
**Suite #101**  
**Bainbridge Island, WA 98110**

**BREMERTON**  
**(360) 792-1015**

We are located in the West Sound Bldg. just below Harrison Hospital.

**2500 Cherry Avenue**  
**Suite #203**  
**Bremerton, WA 98310**

**KINGSTON**  
**(360) 297-7050**

We are located at the intersection of South Kingston Road and Barber-Cut Off Road next to Kingston Fitness.

**26001 Barber Cut Off Road NE**  
**Suite #C-1**  
**Kingston, WA 98346**

**PORT ORCHARD**  
**(360) 895-9090**

We are located on Pottery Avenue approximately 1/4 mile up the hill from Harrison South Kitsap Urgent Care.

**1880 Pottery Avenue**  
**Suite #100**  
**Port Orchard, WA 98366**

# kitsap physical therapy

AND SPORTS CLINICS

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

**POULSBO NKMC**  
**(360) 779-3764**

We are located in Bldg. A at the NK Medical Center at the intersection of Bond Road and Hwy. 305.

**20730 Bond Road NE**  
**Suite #106**  
**Poulsbo, WA 98370**

**POULSBO VILLAGE**  
**(360) 779-3777**

We are located in the center building just across from the Doctor's Clinic.

**19319 7th Avenue NE**  
**Suite #108**  
**Poulsbo, WA 98370**

**SILVERDALE**  
**(360) 613-1834**

We are located at the corner of Myhre and Mickelberry Road, just down from Costco, and next to Silverdale Fitness.

**2400 NE Myhre Road**  
**Suite #102**  
**Silverdale, WA 98383**