

**Dhaval Buch, P.T.**

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# AUM

## Physical Therapy & Yoga Center

**Holistic Pain & Stress Relief**

1002 Calloway Drive  
Bakersfield, CA 93312

www.aumptyyoga.com

AUTO ACCIDENTS \* CHRONIC PAIN \* FIBROMYALGIA \* MIGRAINE/HEADACHES \* STRESS/ANXIETY \* TMJ PAIN, etc.

PATIENT'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_ ICD: \_\_\_\_\_

### PLAN

- EVAL & TREAT
  - CONTINUE P.T.
  - ULTRASOUND
  - HOT PACKS
  - COLD PACKS
  - MYOFASCIAL RELEASE
  - MANUAL THERAPY
  - THERAPEUTIC MASSAGE
  - PARAFFIN
  - ELECTRICAL STIMULATION
  - MUSCLE STIMULATION
  - IONTOPHORESIS
  - TRACTION
  - BACK SCHOOL
  - NECK SCHOOL
- PRECAUTIONS: \_\_\_\_\_

### THERAPEUTIC EXERCISE

- RANGE OF MOTION:  ACTIVE  PASSIVE
- PROGRESSIVE RESISTIVE EXERCISES
- WILLIAMS FLEXION EXERCISES
- BACK EXTENSION EXERCISES
- CORE STRENGTHENING
- NEURO-MUSCULAR RE-ED
- GAIT TRAINING
- HOME EXERCISE PROGRAM
- YOGA PROGRAM FOR:
  - STRESS / ANXIETY
  - RELAXATION
  - WOMEN'S HEALTH
  - PREGNANCY
  - FIBROMYALGIA

### TREATMENT GOALS

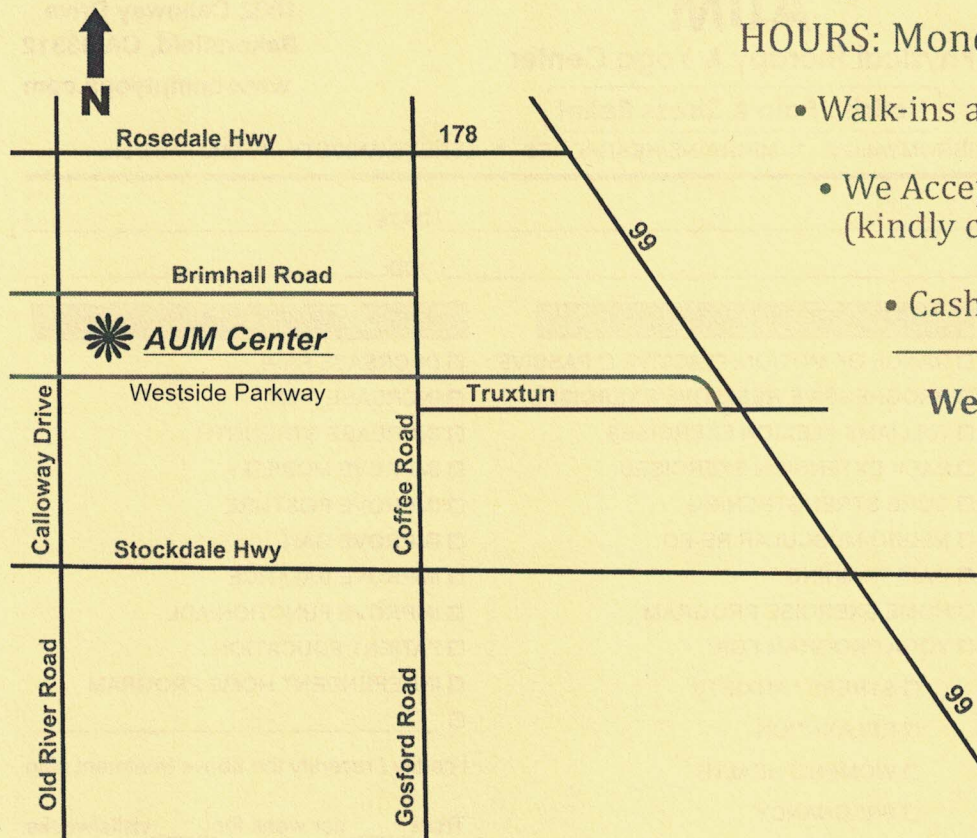
- DECREASE PAIN
- INCREASE ROM
- INCREASE STRENGTH
- IMPROVE MOBILITY
- IMPROVE POSTURE
- IMPROVE GAIT
- IMPROVE BALANCE
- IMPROVE FUNCTION/ADL
- PATIENT EDUCATION
- INDEPENDENT HOME PROGRAM
- \_\_\_\_\_

I certify / recertify the above treatment plan.

Treat \_\_\_\_\_ per week for \_\_\_\_\_ visits/weeks.

M.D. \_\_\_\_\_

SEE REVERSE FOR DIRECTIONS



### HOURS: Monday thru Friday, 8am to 6pm

- Walk-ins are Welcome
- We Accept Most Insurances, (kindly call us so we may verify coverage)
- Cash Patients Welcome

**We are pleased to offer:**

A Divine **JOY**  
*Relaxation*  
 BODY • MIND • SPIRIT

- Specialized Healing Massage
- Reiki Healing
- Pranic Healing
- Yoga Programs

Please call (661) 588-5565  
for an appointment