



# GENTLE PAIN RELEASE® CENTER

Richard Fowler, P.T. Inc.

Specializing in Fibromyalgia, Headaches, Back, and Neck Pain

## Physical & Occupational Therapy Referral / Plan of Care Letter of Medical Necessity

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Precautions: \_\_\_\_\_

### Goals:

- \_\_\_\_\_ Reduce Pain
- \_\_\_\_\_ Improve ROM
- \_\_\_\_\_ Improve Endurance
- \_\_\_\_\_ Improve Function
- \_\_\_\_\_ Return to Work
- \_\_\_\_\_ Other \_\_\_\_\_
- \_\_\_\_\_ x/week for \_\_\_\_\_ weeks

### Plan:

- \_\_\_\_\_ Evaluate and Treat
- \_\_\_\_\_ Pain Modalities
- \_\_\_\_\_ Ther Ex
- \_\_\_\_\_ Home Program
- \_\_\_\_\_ Other \_\_\_\_\_

Physician's Signature: \_\_\_\_\_

**HENDERSONVILLE** phone: 828.698.3489 fax: 828.698.3490  
**OFFICE:** 323 North Washington St., Hendersonville, NC 28792

**from 64 East /Four Seasons Blvd:** Turn left onto Church Street. Turn right onto 3rd Ave., then right onto Washington St. The office is on the left. **from 64 West:** Turn right onto Church Street. Turn right onto 3rd Ave., then right onto Washington St. The office is on the left. **from US 25 South:** Coming into town, this becomes King St. Turn left onto 3rd Ave. Then turn right onto Washington St. The office is on the left **from US 25 North:** This becomes Church Street. Turn right onto 3rd Ave., then right onto Washington St. The office is on the left. **Parking on street or in front of the office.**

**MORGANTON** phone: 828-437-3071 fax: 828-437-3072  
**OFFICE:** 357 Sanford Drive, River Village on the Greenway Morganton, NC 28655

**from Hickory:** I-40 W to Exit 103. Right onto Burkemont Ave. At the 3<sup>rd</sup> traffic light turn left onto Fleming Dr. Go straight through the traffic light at Hwy. 70; this is where Sanford Dr. begins. Go 1 mile on Sanford Dr. River Village is on the left. **from Marion:** I-40 E to Exit 100. Left onto Independence Blvd. At the 2<sup>nd</sup> light turn right onto Hwy. 70. At the 1<sup>st</sup> light take a left onto Sanford Dr. Go 1 mile to River Village on the left. **from Lenoir:** Hwy. 18 S. Right onto Sanford Dr. at Grace Ridge Retirement Community. Go 2 miles and through the traffic light on Hwy 181. River Village is on the right.