



PRIMARY PREVENTION PHYSIOTHERAPY

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THE OFFICE OF ...

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PrimaryPreventionPT.com

PPP Group NPI

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PHYSICAL THERAPY PRESCRIPTION

Please fax to office AND give copy to patient.

Patients Name: _____ Date: _____

Diagnosis: _____ DOB: _____

Date of Next Physician Appointment: _____

ORDER Evaluate and treat _____ times a week for _____ weeks

Continued Care _____ times a week for _____ weeks

Physician's Signature: _____ Date: _____

MD, DO,
NP, DPM,
PA-C

Referring Physician NPI: _____ Physician's Name: (PRINT) _____

This is Your Prescription for Better Health! Movement is Medicine

Nutritional Consult

Physical Activity Consult

Chronic Disease Management

PHYSICAL ACTIVITY GUIDELINES FOR ADULTS:

- 150-300 minutes/week of moderate-intensity activity or 75 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week



IMPORTANCE OF AEROBIC ACTIVITY?

- Moderate activity is at a pace where you can talk but cannot "sing." Examples: brisk walking, light biking, water exercise, and dancing.
- Vigorous activity is done at a pace where you can't say more than a few words without pausing for a breath. Examples: jogging, swimming, tennis, and fast bicycling.
- You can exercise for any length of time. For example, you might walk,
 - 30 minutes 5 days/week or
 - 20 minutes daily
 - 5 minutes here, 10 minutes there. Just work your way up to 150 total minutes/week.
- Gradually build up to a daily step count of 7,500-10,000 steps/day.

Aerobic Activity (circle)

Frequency (days/week): 1 2 3 4 5 6 7

Intensity: Light (casual walk) Moderate (brisk walk) Vigorous (like jogging)

Time (minutes/day): 10 20 30 40 50 60 or more

Type: Walk Run Bike Swim/Water Exercise

Other _____

Steps/day: 2,500 5,000 7,500 10,000 or more

Other _____

Muscle Strength Training (circle)

Frequency (days/week): 1 2 3 4 5 6 7



EVERYONE NEEDS STRENGTH

- You don't have to go to a gym. You can use elastic bands, do body weight exercises (kitchen counter push-ups, chair sit-to-stands), or lift dumbbells. Heavy work around your home also builds strength.
- Strengthen your legs, back, chest, and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.
- **Unsure how to start? Let our professional strength coaches guide you! Set-up your FREE consultation today! 810.487.9733**
- **HSA & FSA's accepted for personal training and massage!**

One Day or Day One... The Choice is Yours



Our Clinicians Specialize in:

Motor Vehicle and Worker’s Compensation Injuries • Post Surgical Care • High Level Athletes
 Neurological Disorders/TBI • Post-Concussion Syndrome • Balance/Dizziness/Vertigo
 Low Back Pain/Sciatica • Neck Pain • Acute Pain • Scoliosis • Plantar Fasciitis

Primary Prevention is now accepting most major medical insurances!

All Workers’ Compensation • Auto Insurance • Medicare • Align
 Blue Cross Blue Shield of Michigan • Blue Care Network • United Health Care
 MedRisk • NexusACO NR & R • Prime Health Services • Rockport • Stratose • Tech Health
 UHC-Charter, Compass, Navigate, PREMA-Detroit • UHOne • United Healthcare Dual Complete MI
 UnitedHealthcare Medicare Solutions • Universal Smart Comp • HAP • Blue Cross Complete
 Tri Care East & West • McLaren Medicaid • McLaren • Aetna • Medicare Plus Blue
 Medicare Supplementary (AARP, TransAmerica) • Theramatrix

We also offer competitive private pay prices and solutions for those who are in pain or injured, but are underinsured or uninsured.

Comments / Additional Concerns: _____

Please check if more referral scripts are needed.

Thank you!

★★★★★ *This is the most satisfying physical therapy I have experienced to date. They work with you to deliver what you need to improve your situation. It is one on one direction, no outside interference. My situation has improved 100%, I have issues with my right knee. I can now raise up from a sitting position comfortably instead of experiencing great discomfort. They have also helped me to improve my balance. If you are looking for a highly professional and caring physical therapy experience this is the place to do it! I highly recommend them, they are more like a 10+! - Dean C.*

★★★★★ *I have been doing physical therapy with Dr. Amber and her staff prior to and after back surgery. I have never had such individualized, specialized, constant attention and focused care. Everyone working there seems to have a passion to work as a team to make every aspect of my health, strength, and mental well being their priority. I have never had any PT that can compare, nor seen the results I have there. Thank you to all at PPP! - Judy M.*