Please check one of the following:  □ PT Evaluate & Treat    OR    □ OT Evaluate & Treat

**Goals:**

□ Maximize Function and Independence  □ Decrease Pain
□ Home Exercise Program  □ Other ____________________________

□ Frequency and duration determined by patient progress and therapist discretion  ____________________________ Number of visits

**Frequency:** 1x  2x  3x  4x  5x per week  **Duration:** 1  2  3  4  5  6 weeks

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**Special Programs** (Available at select sites. Check online: allinahealth.org/couragekenny)

□ Functional Capacity Evaluation
□ Hand Therapy including:
   Occupational Therapy, Physical Therapy
□ Other ____________________________

□ Lymphedema Therapy including:
   □ Lymphedema bandaging supplies
   □ Physical Performance Testing with an
    Occupational Therapist or Physical Therapist
□ RunSMART
□ Therapeutic Pool
   □ With progression to independent exercise
   □ Community pool
□ Vestibular Therapy
□ Work Conditioning

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**Treatment Options**

**Exercise**

□ ROM
□ Stretching/Flexibility
□ Home Exercise Program
□ Strengthening
□ Posture & Body Mechanics
□ Other ____________________________

**Procedures**

□ Manual Therapy (soft tissue/joint mobilization, myofascial release)
□ Balance/Proprioception
□ Gait Training
□ Specific Protocol/Other
□ Other ____________________________

**Modalities**

□ As Indicated
□ Ultrasound
□ Electrical Stimulation
□ Phono/iontophoresis
   □ Dexamethasone sodium phosphate 4 mg/gl, 30 ml
□ Traction
□ Other ____________________________

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**Courage Kenny Spine Center**

□ Spine MD Evaluation – with option for intensive spine strengthening (MedX)
   **Problem:**  □ Neck  □ Low Back  □ Thoracic
Call 612-262-7900, toll-free 888-691-0045 or fax 612-262-7860 to schedule FIRST appointment at the following locations:

- Albertville
  11091 Jason Ave NE
  Albertville, MN 55301
  Ph: 763-744-4140

- Annandale
  410 Elm St E
  Annandale, MN 55302
  Ph: 763-684-3880

- Apple Valley
  Apple Valley Medical Center
  14655 Galaxie Ave, Suite 160
  Apple Valley, MN 55124
  Ph: 651-241-3880

- Buffalo
  Fitness Center
  101 14th St NE
  Buffalo, MN 55313
  Ph: 763-684-3880

- Burnsville
  12400 Portland Ave So
  Suite 140
  Burnsville, MN 55337
  Ph: 952-428-0060

- Cambridge
  Cambridge Medical Center
  701 South Dewell St
  Cambridge, MN 55008
  Ph: 763-688-7782

- Champlin
  11269 Jefferson Hwy N
  Suite 200
  Champlin, MN 55316
  Ph: 763-236-0780

- Coon Rapids, Mercy Specialty Center
  11850 Blackfoot St NW
  Suite 400
  Coon Rapids, MN 55433
  Ph: 763-236-8911

- Coon Rapids, Kenny Kids
  3111 124th Ave NW
  Suite 123
  Coon Rapids, MN 55433
  Ph: 763-236-7337

- Cottage Grove
  8811 92nd St S, Suite 101
  Cottage Grove, MN 55016
  Ph: 651-458-9446

- Eagan
  1284 Corporate Center Dr, Suite 500
  Eagan, MN 55121
  Ph: 612-775-2940

- Eden Prairie (Pool)
  8501 Flying Cloud Dr
  Eden Prairie, MN 55344

- Edina
  Centennial Lakes
  7373 France Ave S, Suite 204
  Edina, MN 55435
  Ph: 952-428-0600

- Elk River
  14181 Business Ctr Dr NW
  Elk River, MN 55330
  Ph: 763-236-0580

- Forest Lake
  1467 Lake Street So
  Forest Lake, MN 55025
  Ph: 651-241-3840

- Fridley
  7225 University Ave NE
  Fridley, MN 55432
  Ph: 763-236-1530

- Golden Valley
  3915 Golden Valley Rd
  Minneapolis, MN 55422
  Ph: 763-775-2455

- Isanti
  300 5th Ave NE, Suite 200
  Isanti, MN 55040
  Ph: 763-688-9750

- Maple Grove
  7840 Vinewood Lane, Suite A
  Maple Grove, MN 55369
  Ph: 763-236-0258

- Minneapolis
  2800 Building
  2800 Chicago Ave, Suite 102
  Minneapolis, MN 55407
  Ph: 612-863-4446

- Plymouth
  Abbott Northwestern WestHealth
  2805 Campus Dr, Suite 345
  Plymouth, MN 55441
  Ph: 763-236-5555

- Ramsey
  7231 Sunwood Dr NW
  Suite A
  Ramsey, MN 55303
  Ph: 763-236-0006

- Richfield
  Woodlake
  6601 Lyndale Ave S
  Suite 105
  Richfield, MN 55423
  Ph: 612-775-5190

- Saint Paul
  Bandana Square
  1021 Bandana Blvd E
  Suite 123
  St. Paul, MN 55108
  Ph: 651-241-3939

- Saint Paul
  Doctors Professional Bldg
  280 Smith Av N, Suite 120
  St. Paul, MN 55102
  Ph: 651-241-7560

- Shoreview
  4180 No Lexington Ave
  Shoreview, MN 55126
  Ph: 651-241-1455

- Stillwater – St. Croix
  1460 Curve Crest Blvd
  Stillwater, MN 55082
  Ph: 651-241-3820

- Vadnais Heights
  1135 East County Rd E
  Vadnais Heights, MN 55110
  Ph: 651-241-1464

- Woodbury
  1625 Radio Dr
  Woodbury, MN 55125
  Ph: 651-241-3636

Call the locations below directly to schedule FIRST appointment:

- Coon Rapids
  (Vestibular & Pelvic Pain/Incontinence Therapy)
  Mercy Hospital
  4050 Coon Rapids Blvd
  Coon Rapids, MN 55433
  Ph: 612-262-7979

- Ellsworth, WI
  Vibrant Health Family Clinic
  144 South Plum St
  Ellsworth, WI 54011
  Ph: 715-307-6050

- Faribault
  District One Hospital
  35 State Ave
  Faribault, MN 55021
  Ph: 507-332-4790

- Fridley
  (Lymphedema/Edema)
  Fridley Medical Center
  480 Osborne Rd NE, Suite 200
  Fridley, MN 55432
  Ph: 612-863-2123

- Fridley
  Mercy Hospital – Unity Campus
  Lower Level
  550 Osborne Rd NE
  Fridley, MN 55432
  Ph: 763-236-3000

★ MedX available

Courage Kenny Spine Center

Call 800-827-8313 or fax 763-236-5556 to schedule FIRST appointment at the following locations:

- Coon Rapids ★
  11850 Blackfoot St NW
  Suite 405
  Coon Rapids, MN 55433

- Plymouth ★
  Abbott Northwestern WestHealth
  2805 Campus Dr
  Suite 345
  Plymouth, MN 55441

- Edina ★
  Abbott Northwestern's Center for Outpatient Care
  8100 West 78th St
  Suite 205
  Edina, MN 55439

- Woodbury ★
  1625 Radio Dr
  Woodbury, MN 55125

For directions to and parking information, please call the site directly or visit allinahealth.org/couragekenny.