



WESTERN MARYLAND
HEALTH SYSTEM

Outpatient Physical Therapy Services

12500 Willowbrook Road
Cumberland, MD 21502
Phone: (240) 964-1800
Fax: (240) 964-1801

Referring Physician (Printed):

Patient Name: _____

Diagnosis: _____

Frequency & Duration:

Special Instructions/Precautions:

Physician's Signature: _____ Date: _____

** Please check physical therapy services requested for Evaluation and Treatment:*

Modalities:

- Hot/Cold Packs
- Ultrasound/Phonophoresis
- Iontophoresis
- Electrical Stimulation
- Low-Level Laser
- Joint Mobilization
- Soft Tissue Mobilization
- Mechanical Traction

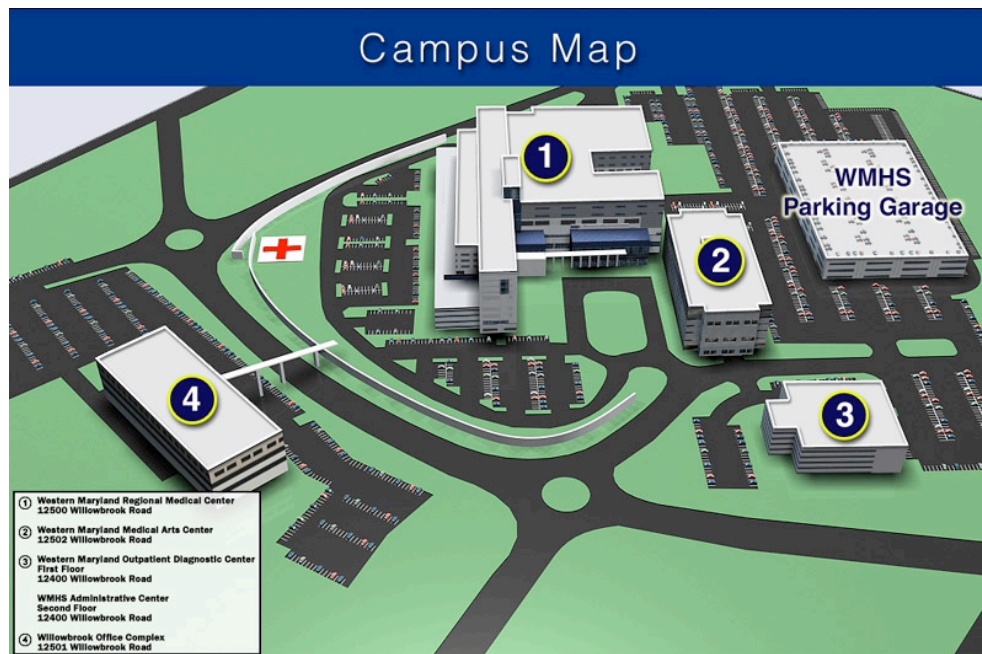
Treatment:

- PROM, AAROM, AROM
(Please Circle)
- Soft Tissue Mobilization
- Flexibility Program
- Resistive Strength Training
- Balance and Proprioceptive
- Vestibular Rehab
- Gait Training
- Prosthetic Training
- Home Program

WMHS Caring for What Matters Most

<https://www.wmhs.com> Directions provided on the back.

WMHS has the only *Physical Therapy Outpatient Clinic* that offers **FREE** valet parking at our main entrance. (Building #1) The PT gym is located just inside the door after dropping off your car.



Driving Directions

To Western Maryland Regional Medical Center (Westbound)

Exit Interstate 68 West at Exit 44, Willowbrook Road. Turn left at traffic light onto Willowbrook Road. Continue on Willowbrook Road for approximately 1 mile. After passing the entrance to Allegany College on the left, the new Western Maryland Regional Medical Center is located on the right. Enter the roundabout and turn right into the new hospital complex. To go to the main front entrance, turn left toward the front of the building. To drop someone off or to access free valet parking, please pull to the curb on the right under the awning at the main entrance.

To Western Maryland Regional Medical Center (Eastbound)

Exit Interstate 68 East at Exit 44, Willowbrook Road. Turn right at the bottom of the ramp onto Willowbrook Road. Continue on Willowbrook Road for approximately 1 mile. After passing the entrance to Allegany College on the left, the new Western Maryland Regional Medical Center is located on the right. Enter the roundabout and turn right into the hospital complex. To go to the main front entrance WMHS, turn left toward the front of the building. To drop someone off or to access our free valet parking, please pull to the curb on the right under the awning at the main entrance.