



955 Yonkers Avenue  
Yonkers, NY 10704  
Ph: 914-776-7310  
Fax: 914-776-7566

1554 Astor Avenue  
Bronx, NY 10469  
Ph: 718-652-3432  
Fax: 718-652-5107

*Rehab for your injury. Wellness for your life.*

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

Weight Bearing (if applicable): \_\_\_\_\_

\_\_\_\_\_ Treatment Plan Left to Discretion of Therapist

or

- |                        |                      |                          |
|------------------------|----------------------|--------------------------|
| ___ Active ROM         | ___ Cold Packs       | ___ Myofacial Release    |
| ___ Passive ROM        | ___ Hot Packs        | ___ Massage              |
| ___ Strengthening      | ___ Ultrasound       | ___ Cybex testing        |
| ___ Gait training      | ___ E-Stim/ TENS     | ___ Bio-feedback         |
| ___ Agility/Balance    | ___ Iontophoresis    | ___ Orthotic Fabrication |
| ___ Splint Fabrication | ___ Wellness/Fitness | ___ Back School          |

Frequency: \_\_\_\_\_ Duration: \_\_\_\_\_

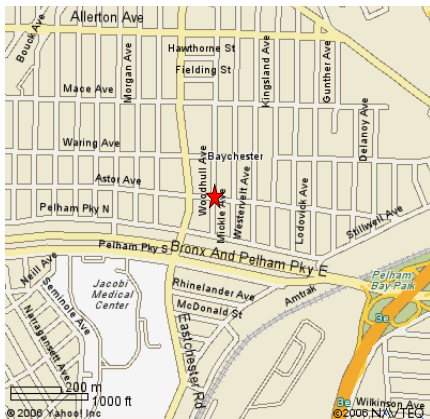
Specific Instructions:

\_\_\_\_\_ MD DO DPM  
(circle)

Dr. Name (please print): \_\_\_\_\_

## Directions to Our Bronx Office

1554 Astor Avenue  
(Enter on Woodhull Avenue)  
718- 652-3432 office  
718- 652-5107 fax



In the Bronx, we are conveniently located near Pelham Parkway N and Eastchester Rd.

BX 31 Bus drops off 1 block from door.

BX 12 Bus drops off 2 blocks from door. All Westchester Square Connections.

Please use the Woodhull Avenue entrance.



[www.performancerehabny.com](http://www.performancerehabny.com)

Orthopaedics  
Sports  
Hands  
Neurological  
Wellness

## Directions to Our Yonkers Office

955 Yonkers Avenue  
914-776-7310 office  
914-776-7566 fax



In Yonkers, we are conveniently located near the raceway/casino between Central and Kimball Ave. Beeline 7 Bus drops off right outside our door.

Connect from the 20 or the 25 bus.

## Insurance Participation List

1199 National Benefit Fund

Affinity

Aetna - HMO, POS & PPO

Amerigroup

Atlantis

CIGNA - HMO, POS & PPO

Empire Blue Choice (All Plans)

The Empire Plan / United Health Care

Managed Physical Network

GHI - HMO (Only)

HealthFirst—Medicare

HealthNet

HIP - All Plans

Horizon Health Plans

Most Local Unions-32BJ

Medicare

Multiplan

MVP Health Care / Preferred Care

NOVA Healthcare

No Fault

Oxford Health Plans (All Plans)

POMCO

SelectPro

Tricare /Champus

United Health Care

Worker's Compensation

*\*Please call if you have any further questions regarding other insurance plans or procedures that might be required by each plan to fulfill the referral process.*