



To schedule an appointment, please contact Centralized Scheduling:

Phone Number: 800-976-7544

Fax Number: 877-298-4204

Email: [scheduling@spineandsport.com](mailto:scheduling@spineandsport.com)

**BRAWLEY**

411 West Main Street  
 Brawley, CA 92227  
 P (760) 925-3031

**ENCINITAS**

201 S. El Camino Real  
 Suite A  
 Encinitas, CA 92024  
 \* Inside LA Fitness  
 P (760) 274-1671

**POINT LOMA**

3405 Kenyon St.  
 Suite 212  
 San Diego, CA 92110  
 P (619) 523-9874

**CHULA VISTA**

1020 Tierra Del Rey  
 Suite A-1  
 Chula Vista, CA 91910  
 P (619) 585-7104

**IMPERIAL BEACH**

585 Saturn Blvd.  
 Suite A  
 San Diego, CA 92154  
 P (619) 591-1190

**SAN MARCOS**

2115 Montiel Rd.  
 Suite 103  
 San Marcos, CA 92069  
 P (760) 839-2905

**DOWNTOWN SD**

295 "G" St.  
 San Diego, CA 92101  
 P (619) 238-4318

**KEARNY MESA**

3760 Convoy St.  
 Suite 100  
 San Diego, CA 92111  
 P (858) 573-9368

**SANTEE**

8790 Cuyamaca St.  
 Suite A  
 Santee, CA 92071  
 P (619) 596-5969

**EL CAJON**

1625 East Main Street  
 Suite 104  
 El Cajon, CA 92021  
 P (619) 873-2160

**NATIONAL CITY**

1626 Sweetwater Road  
 Suite A/B  
 National City, CA 91950  
 P (619) 474-5916

**SORRENTO VALLEY**

11750 Sorrento Valley Rd  
 Suite 130  
 San Diego, CA 92121  
 P (800) 976-7544

**EL CENTRO**

1501 Ocotillo Drive  
 Suite B  
 El Centro, CA 92243  
 P (760) 679-0210

**OCEANSIDE**

2335 Vista Way  
 Oceanside, CA 92054  
 \* Inside LA Fitness  
 P (760) 547-2666

**PALM DESERT**

72880 Fred Waring Dr  
 Suite B7  
 Palm Desert, CA 92660  
 P (760) 340-4050

**OPEN SATURDAY**

DATE: \_\_\_\_\_ PATIENT NAME: \_\_\_\_\_

PATIENT DATE OF BIRTH: \_\_\_\_\_ PATIENT PHONE: \_\_\_\_\_

Dx: \_\_\_\_\_ ICD-10: \_\_\_\_\_

SURGERY: \_\_\_\_\_ DATE OF Sx: \_\_\_\_\_

EVALUATE & TREAT     PT     OT

AQUATIC (Available : Kearny Mesa, Chula Vista, San Marcos, aquatic evaluations available at all locations)

FCE (Available : Kearny Mesa, Chula Vista and San Marcos)

**RX:**

Pre-Operative Therapy

Upper Extremity Conditioning Program

Work Conditioning

Post Surgical Extremity

Concussion Rehab

Gym Maintenance Program (CORE)

Post Surgical Spine

Hand Therapy

Home Exercise Program

Spine Conditioning

Splinting

\* Most Services available at all locations

Frequency  1X    2X    3X   Duration: \_\_\_\_\_ or \_\_\_\_\_ visits

Special Instructions / Precautions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
 Name Printed

\_\_\_\_\_  
 Physician Signature

\_\_\_\_\_  
 Date