



SPORTS PERFORMANCE AND REHABILITATION CENTER

SPARC 1765 Old West Broad St, Bldg 3, Athens, GA 30606

Phone: 706-286-7338 | Fax: 706-546-0793

Exercise Program Prescription and Letter of Medical Necessity

Patient Name _____ DOB ____/____/____ Date _____

Email _____

MEDICAL CONDITION

- Dx:**
- Hypertension
 - Diabetes Mellitus
 - Coronary Artery Disease
 - Peripheral Vascular Disease
 - Osteoarthritis
 - Obesity
 - Low Back Pain
 - COPD/Emphysema
 - Asthma
 - Osteoporosis
 - CHF
 - Depression
 - Other _____

Aerobic Activity: Type: Walk Run Bike Other: _____

Intensity: Light Moderate Vigorous

Strength Training: Extremities Only Core Only Extremities & Core Progressive Strength Training Program

SPARC SERVICES

Sports Performance: Youth, adult, & elite athlete programs geared towards training sport specific energy systems, mobility, & strength

General Fitness Programs: Private, Small Group, & Group Fitness training programs that are effective for fat loss, strength gain, cardiovascular endurance, & promoting proper joint function for adults of any age or fitness level

Physical Therapy: Treatment for individuals who experience pain or joint dysfunction

Other services:

Massage Therapy: Deep tissue, Thai, and sports massage techniques effective for restoring mobility, breaking down scar tissue, & reducing pain & anxiety

Performance Lab: Body composition, VO2 max, lactate threshold, & resting metabolic rate testing, as well as gait analysis & concussion screening

Golf Program: Swing training or assistance returning to golf after surgery led by a DPT/TPI certified resource designed to address impairments & teach efficient techniques

Fax your completed form with a cover sheet to (706)546-0793, Attention: SPARC, Subject: Patient name & phone #

I personally have evaluated this patient and clear them to participate in an exercise program:



Print: _____ Sign: _____ Date: _____

Thank you for prescribing exercise!

OUR MISSION:

SPARC is partnered with the Athens Orthopedic Clinic in a mission to maximize the quality of life for the people of the Athens and the surrounding communities. We develop individualized fitness and sports training solutions to improve the composition, movement, strength, and cardiovascular health of the body. Our expert fitness and sports training professionals educate, encourage, and empower clients to improve the health of their bodies and create physically active lifestyles that are resistant to injury and disease.

FAQ:



How much will it cost?

With a referral form, you can get started for as low as \$50 for 30 days.



Will I be able to use SPARC outside of my weekly sessions?

Yes! You can access SPARC daily to use the gym and exercise; however, some organized programs may only gather a few times/week.



I do not have time to exercise. How long will my session last?

We understand you have a busy schedule, so to ensure success, we only ask you to complete two 50-60 minute workout sessions each week.



How do I get started?

Ask your physician if you are a candidate for the program. If so, your physician will complete the referral form on the back and fax it to SPARC. A SPARC team member will contact you within 48 hours to get you on track to achieving a healthier, more active lifestyle.

“Over 40 diseases can be treated or prevented with exercise. Exercise is one of the most powerful medications in all of healthcare.”

Alonzo Sexton, MD
AOC Sports Medicine



HOW IT WORKS:

