

Complete Care Physiotherapy Centre for  
**ANKLE/FOOT  
PAIN**

## PHYSICIAN REFERRAL

PATIENT'S NAME: \_\_\_\_\_

DIAGNOSIS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

PRECAUTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Evaluate and Treat
- Home Program (i.e. home, gym)
- Work/Functional Conditioning
- Therapeutic Exercise
- Traction
- Modalities
- Other \_\_\_\_\_

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Frequency: \_\_\_\_\_ X per week for \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

We accept referrals from any physician.  
Most insurance plans are accepted.  
Please give us a call for more information.



**Complete Care**  
PHYSIOTHERAPY CENTRE

[www.physiocompletecare.ca](http://www.physiocompletecare.ca)

**3857 Lake Shore Blvd W**  
**Toronto, ON, M8W 0A2**

Phone: (647) 496-7065

Fax: (647) 498-1391

Email: [admin@physiocompletecare.ca](mailto:admin@physiocompletecare.ca)

Free Parking

First Appointment within 24 Hours

Evening/Weekend Appointments

Direct Billing to Most Insurance Plans

Experienced Healthcare Professionals

Recover your quality of life  
without drugs, side effects or surgery.  
Physical therapy is the clear choice!



Choose Complete Care Physiotherapy Centre to relieve

# ANKLE/FOOT PAIN

Recover your quality of life



[www.physiocompletecare.ca](http://www.physiocompletecare.ca)

## Your Recovery Process:

- Pain relief
- Recovery of mobility or stability
- Increased strength
- Recovery of walking and functional skills
- Independent care



Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

## Conditions we have successfully treated:

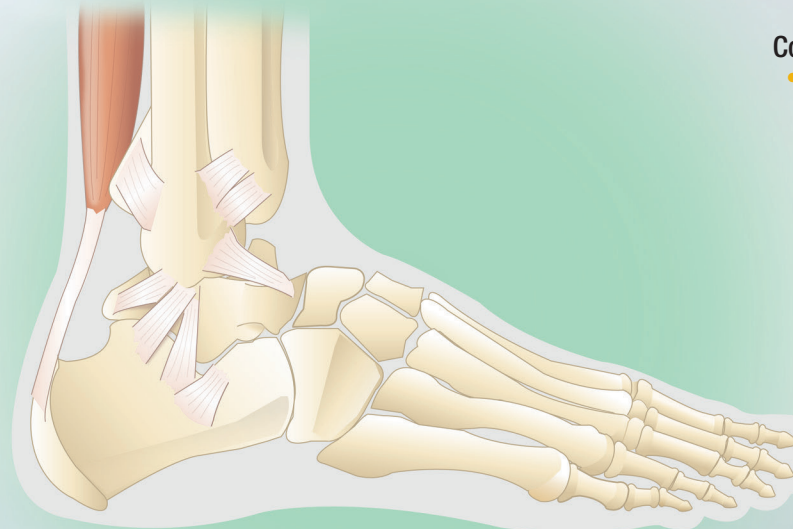
- Ankle pain
- Shin splints
- Ankle sprains
- Plantar fasciitis
- Achilles tendonitis
- Excessive pronation
- Post surgical conditions
- Tibialis posterior tendonitis

## What are my treatment options?

- Drugs
- Corticosteroid Injections
- Surgery
- **Physical Therapy\***

## Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research\*
- Customized to treat the underlying cause



## Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Walking retraining
- Balance exercises
- Shoe inserts (orthotic recommendations)

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

If you're ready for relief,  
and tired of "masking" your pain,  
treat the cause, not just the symptoms!



\*Cited from the academic journal, JBJS (American). 2006;88; Am J Sports Med 1998 May; 26(3)



**Complete Care**  
PHYSIOTHERAPY CENTRE