

## 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.physiocompletecure.ca](http://www.physiocompletecure.ca)

**3857 Lake Shore Blvd W**  
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Free Parking

First Appointment within 24 Hours

Evening/Weekend Appointments

Direct Billing to Most Insurance Plans

Experienced Healthcare Professionals

Complete Care Physiotherapy Centre for

# ARTHRITIS PAIN



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

Choose Complete Care Physiotherapy Centre to relieve

# ARTHRITIS PAIN

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:

- Joint pain
- Osteoarthritis
- Rheumatoid arthritis
- Knee arthritis
- Hip arthritis
- Shoulder arthritis
- Hand arthritis

## What are my treatment options?

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

## Advantages of Physical Therapy:

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

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

Recover your quality of life

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

## Your Recovery Process:

- Recovery of joint motion
- Recovery of strength
- Pain relief
- Improved function
- Independent care

## Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Effective joint mobilization techniques to decrease joint stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Progressive strength training
- Balance and functional re-education

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.



**Complete Care**  
PHYSIOTHERAPY CENTRE

\* Physical therapy techniques are recommended for arthritis of the knee, hip, shoulder, and hand. Physical Therapy 2005 85: 907-971; Physical Therapy 2004 84: 934-972