#### **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:	
Date:	

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

ARTHRITIS

PAIN



www.physiocompletecare.ca

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

Phone: (647) 496-7065
Fax: (647) 498-1391
Email: 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

# ARTHRITIS PAIN

www.physiocompletecare.ca

# Your Recovery Process:

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

Recover your quality of life

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.

- 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,
- Conditions we have successfully treated:
- Joint pain

- Hip arthritis
- Osteoarthritis
- Shoulder arthritis
- Rheumatoid arthritis

joint and neurological conditions.

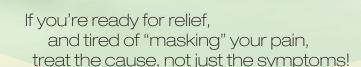
- Hand arthritis
- Knee arthritis

### 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





\* 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



