PHYSICIAN REFERRAL

PATIENT'S NAME:	
DIAGNOSIS:	
PRECAUTIONS:	
Evaluate and Treat Home Program (i.e. home, gym) Work/Functional Conditioning Therapeutic Exercise Traction Modalities Other	
- Outor	
COMMENTS:	
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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 for BACKPAIN



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!

BACKPAIN

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:

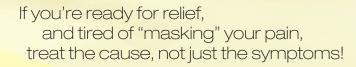
- Acute pain
- Sciatica
- Chronic pain
- Sprains/strains
- Arthritis (spondylosis)
- Degenerative disc disease
- Pinched nerves (radiculopathy)
- Post surgical laminectomy/fusion
- Spondylolisthesis
- Spondylolysis
- Herniated, ruptured disc

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





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Your Recovery Process:

- Pain relief
- Recovery of lost trunk motion
- Progressive trunk stabilization
- Progressive recovery & retraining
- Independent care

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Gentle hands-on techniques to relax the muscles
- Repeated movements to centralize pain
- Effective joint mobilization techniques to decrease pain & stiffness
- Pain-relieving modalities such as ice, heat. ultrasound or electrical stimulation
- Dynamic or static pelvic traction
- Targeted stretching for tight muscles

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 therapy techniques have been proven effective for both acute and chronic back pain. Annals of Internal Medicine, Vol 141 (12), 2004 and Vol 142 (5), 2005.

