

Complete Care Physiotherapy Centre for
**ELBOW/WRIST
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: _____



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!

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

Choose Complete Care Physiotherapy Centre to relieve

ELBOW/WRIST PAIN

Recover your quality of life

www.physiocompletecare.ca

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:

- Tendonitis
- Carpal Tunnel Syndrome
- Tennis/Golfer's Elbow
- Overuse Injuries
- Wrist Fractures/Breaks
- Nerve Injuries/Entrapment
- Arthritis*

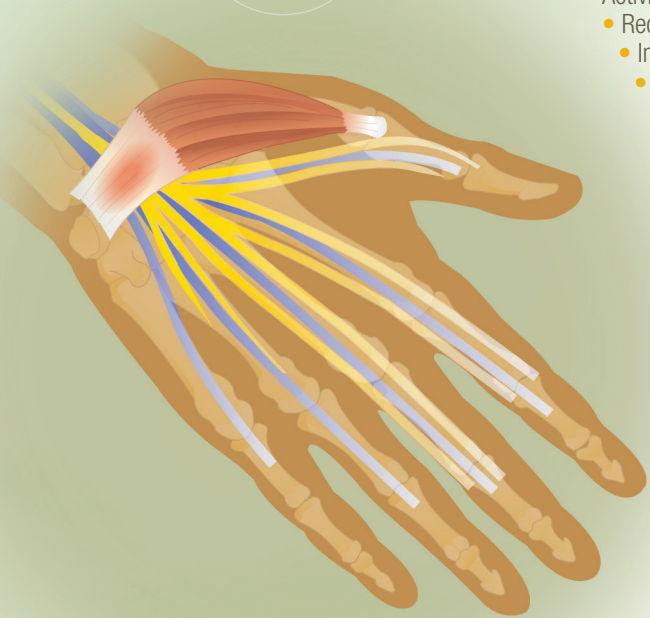
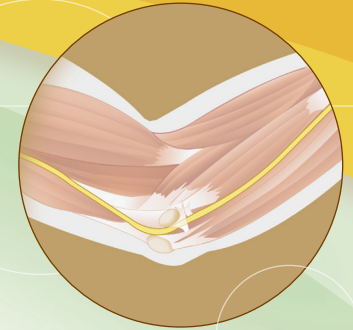
What are my treatment options?

- 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

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



Your Recovery Process:

- Pain relief
- Activity Modification
- Recovery of mobility/stability
- Increased strength
- Improved function
- Independent care

Components of Your Care:

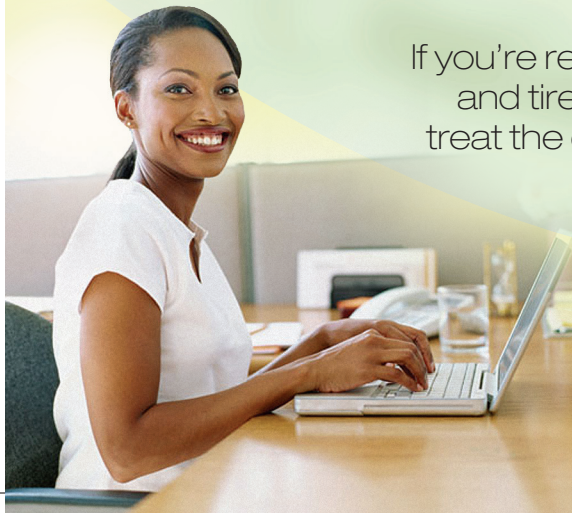
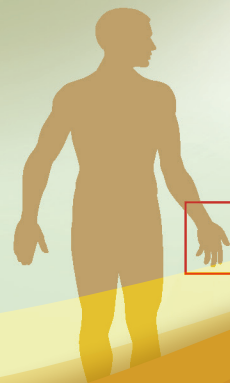
- A thorough biomechanical evaluation
- Extensive patient education
- Ergonomic Advice/Activity Modification
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- OTC or Custom Splinting/Bracing as needed

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

* Cited from the academic journal Coombes, BK et. al. JAMA. 2013;309(5):461-469