

PHYSICIAN REFERRAL

PATIENT'S
NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

- ☐ Evaluate and Treat
☐ Home Program (i.e. home, gym)
☐ Work/Functional Conditioning
☐ Therapeutic Exercise
☐ Vestibular Training
☐ 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

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

Phone: (647) 496-7065

Fax: (647) 498-1391

Email: admin@physiocompletecure.ca

Free Parking

First Appointment within 24 Hours

Evening/Weekend Appointments

Direct Billing to Most Insurance Plans

Experienced Healthcare Professionals

Complete Care Physiotherapy Centre for
KNEE 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

KNEE PAIN

Recover your quality of life

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:

- Arthritis
- Chondromalacia
- Patellofemoral Pain
- Ligament Sprains
- ACL Injuries
- Tendonitis/Bursitis
- Tendon/Muscle Strains
- IT Band Syndrome
- Post Surgical Conditions

What are my treatment options?

- Drugs
- Epidural Injections
- Corticosteroid Injections
- 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!

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Your Recovery Process:

- Pain relief
- Recovery of knee motion
- Recovery of strength
- Functional/sports retraining

Components of Your Care:

- A thorough biomechanical evaluation
- 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
- Progressive strength training
- Balance and muscular re-education
- Taping to improve function and stability

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.



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*Cited from the academic journal, Clinical Biomechanics, Aug. 2006