

PHYSICIAN REFERRAL

PATIENT'S NAME: _____

DIAGNOSIS: _____

PRECAUTIONS: _____

TREATMENT GOALS:

- | | |
|---|---|
| <input type="checkbox"/> Increase ROM | <input type="checkbox"/> Decrease Pain/Swelling |
| <input type="checkbox"/> Increase Strength | <input type="checkbox"/> Home Exercise Program |
| <input type="checkbox"/> Increase Mobility | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Improve Coordination & Balance | |

INSTRUCTIONS:

☐ Evaluation & Treatment

Procedures:

- ☐ Therapeutic Exercise
- ☐ Myofascial Release/Soft Tissue Mobilization
- ☐ Manual Therapy/Jt Mobs
- ☐ Gait Training
- ☐ Neuromuscular Re-ed

Modalities:

- ☐ Heat / Cold
- ☐ Ultrasound
- ☐ Electrical Stimulation
- ☐ Iontophoresis
- ☐ Other: _____

Post-Surgical Instructions: _____

TREATMENT:

- ☐ Therapist Discretion
- ☐ Frequency: _____ x per wk for _____ weeks.

Comments: _____

Physician

Signature: _____ Date: _____

A physician referral is not required, however we accept referrals from any physician. Most insurance plans are accepted. Please give us a call for more information.



Complete Care
PHYSIOTHERAPY CENTRE

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Physical therapy is the clear choice!

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Recover your quality of life

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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.

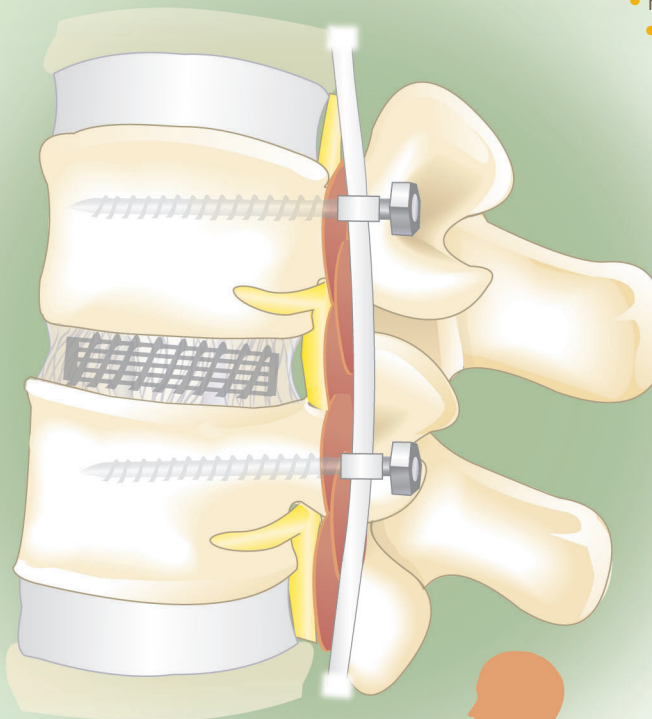
Post surgical cases we successfully treated:

- Total Hip & Knee Replacement
- Total Shoulder Arthroplasty
- Arthroscopic Surgical Repairs
- Spinal Laminectomy/Fusion/Discectomy
- Meniscus/Ligament Repairs
- Many others...

Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research*
- Restores loss of function

Surgery puts you ON the road
to recovery, but Physical Therapy
will help TAKE you there.



Your Recovery Process:

- Recovery of joint motion
- Recovery of strength
- Pain relief
- Improved function
- Return to independence

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- 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
- Progressive strength training
- Targeted stretching for tight muscles
- Functional re-education
- Aquatic Therapy

Make an appointment today.
Start feeling better tomorrow.

Steps to take:

- Call for a consultation with a Physical Therapist.
- We will discuss your complaint(s), answer questions & verify insurance.
- Visit our Website for answers to frequently-asked questions.
- Ask your physician to complete our referral form enclosed.



* 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



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