

INITIAL ASSESSMENT

On your first visit to our clinic, a physiotherapist will assess your injury and condition by talking about your injury and then perform a physical assessment.

You will be asked to provide information regarding:

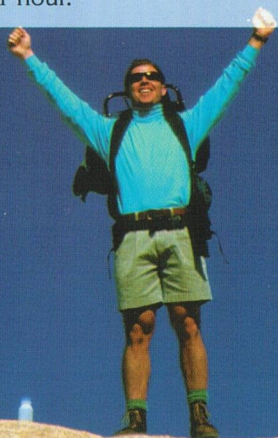
- Your current problem and how it occurred
- The nature of your pain
- Physical requirements of your job and leisure activities
- Past medical history



During the initial assessment the physiotherapists' goal is to determine your present status and level of function. This is accompanied by:

- Examining the affected area for swelling, muscular spasm, mobility restrictions, problems with posture, circulation problems, tenderness, etc.
- Test the affected area for degree of pain, how movement is restricted or if any weakness exists

The initial assessment will also include a treatment, and take approximately 1 hour.



WHAT CAN YOU EXPECT?



After the assessment the physiotherapist will discuss your present condition with you. The physiotherapist will also outline the treatment goals and lifestyle. You should ask any questions that you have about your condition or the treatment goals.

You should also explain specifics of your lifestyle and working conditions which may affect the treatment. Your physiotherapist is willing to talk to you about your condition and treatment.

WHAT IS EXPECTED? OF YOU - THE PATIENT

We want our clinic to provide quality rehabilitation services. To operate effectively we require your co-operation. We need you to:

- Do all home exercises/stretching as prescribed by your therapist
- Speak to your therapist regarding your treatment
- Respect appointment times
- Cancellation notice of 24 hrs. is required
- Effective physiotherapy is based on good communication; talk to your therapist about your condition and treatment.



Our goal is to return our clients to their normal functional lifestyle as quickly as possible. Our clinic offers quick access to assessment and treatment with a focus on the injured client

TREATMENT SESSIONS

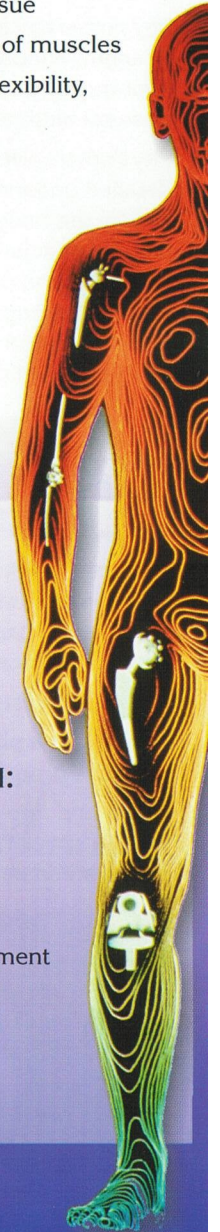
Your physiotherapy treatments may include:

- Manual therapy - a hands-on approach to biomechanic assessment and treatment of the musculoskeletal system.
- Mobilization of joints and soft tissue
- Strengthening and/or stretching of muscles
- Physical exercise - to increase flexibility, strength and motor control
- Information and education
- Acupuncture
- The use of ultrasound, electrical modalities
- Application of ice or heat
- Home exercise programs

SERVICES OFFERED

ASSESSMENT AND TREATMENT OF ALL ORTHOPAEDIC CONDITIONS THROUGH:

- Physiotherapy
- Acupuncture
- Osteopathy
- Athletic Therapy - specific treatment programs are designed to return the athlete to their sport as soon as possible
- Functional Capacity Evaluation



WHAT IS PHYSIOTHERAPY?

Physiotherapy helps you, the client, achieve your highest level of physical function and quality of life. Through treatment and education, physiotherapists can help you return to good health.

Physiotherapy helps to restore function, flexibility, strength, endurance, joint mobility and postural alignment.

Physiotherapists have a detailed understanding of how the body works and are specially educated and trained to assess and improve movement and function, and relieve pain.



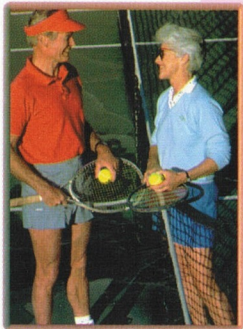
WHO IS A PHYSIOTHERAPIST?

Physiotherapists are licensed health care professionals who work with doctors, dentists and other health care providers to help you obtain optimal physical health.

Physiotherapists are qualified to:

- Establish a physical diagnosis and determine a client's prognosis.
- Plan and implement a physiotherapy program using specialized knowledge and skills for the prevention or treatment of movement dysfunction.

In Ontario, all physiotherapists are registered and licensed to practice by the College of Physiotherapy of Ontario. Specialized postgraduate courses further enhance clinical skills and treatment outcome.



CORONATION

PHYSIOTHERAPY AND REHABILITATION CLINIC

IS A NON-OHIP CLINIC COVERED BY
WORKER'S SAFETY AND INSURANCE BOARD,
MOTOR VEHICLE ACCIDENTS,
AND EXTENDED HEALTH CARE.

CORONATION

PHYSIOTHERAPY AND REHABILITATION CLINIC

An
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Approach
to Your
Rehabilitation

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