



Patient Name: _____
Date of Birth: _____
Phone: _____ **PLACE LABEL HERE** _____
Health Card Number: _____

Date: _____

Reason for referral: _____

OHIP Services

Sports medicine and/or MSK Consultation

- Dr. Awan Dr. Bhangu Dr. DeHaan Dr. Rabinovitch Dr. Vaidyanath
 First available (soonest appointment)

EMG/NCS with Consultation

- Dr. Awan Dr. Bhangu First available
 Carpal Tunnel Clinic (includes EMG with consultation)

Investigations Attached

- MRI Ultrasound CT Bone Scan X-ray

NON-OHIP SERVICES

- | | | |
|---|--|---|
| <input type="checkbox"/> Acupuncture | <input type="checkbox"/> Manual lymphatic drainage | <input type="checkbox"/> Physiotherapy |
| <input type="checkbox"/> ART | <input type="checkbox"/> Massage therapy | <input type="checkbox"/> Rehabilitative Pilates / yoga |
| <input type="checkbox"/> Chiropody/ Foot Care | <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Running analysis |
| <input type="checkbox"/> Chiropractic | <input type="checkbox"/> Osteopathy | <input type="checkbox"/> Sports specific training program |
| <input type="checkbox"/> Craniosacral | <input type="checkbox"/> Pelvic health physiotherapy | <input type="checkbox"/> Sports taping |
| <input type="checkbox"/> Customized Injury Prevention | <input type="checkbox"/> Peripartum pelvic physiotherapy | <input type="checkbox"/> Vestibular physiotherapy |
| <input type="checkbox"/> Electroacupuncture | <input type="checkbox"/> Personal training | <input type="checkbox"/> Yoga for athletic training |
| <input type="checkbox"/> Golf injury prevention | | |

PROGRAMS

- Back care
 Computer fit/ RSI's
 Foot/ ankle care
 Hip/ knee care
 Neck/ shoulder care
 Pelvic health
 Pregnancy & post-partum conditioning
 Spinal stenosis

PRODUCTS

- Custom Orthotics
 Custom or off-the-shelf braces

Physician Name: _____

Signature: _____

Provider Number: _____

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Toronto, ON
M6H 1V5

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F. 647 343 8073
synergysportsmedicine.com

EMPOWERING THROUGH MOVEMENT

Please fax completed form to **647 343 8073**

Synergy offers injury-specific rehabilitation programs created by our physicians and rehabilitation providers, with the goal of educating patients on how to self-manage their condition. The program format consists of group classes with a maximum of 8 people led by qualified rehabilitative Pilates and yoga instructors.



PROGRAMS DESCRIPTIONS (ALL CLASSES LIMITED TO 8 PEOPLE UNLESS OTHERWISE STATED)

BACK CARE

This 8 class program emphasizes evidence-based core stabilization exercises designed to help with lower back pain. Suitable for the person with disc issues and degenerative disc disease.

NECK & SHOULDER

This 8 class program is specific to upper body issues. Perfect for the person with neck tension, tension headaches, rotator cuff injuries, and cervical spine problems.

HIP & KNEE

This 8 class program will educate patients by highlighting exercises appropriate for hip and knee conditions such as patellofemoral syndrome, IT Band syndrome, Trochanter Bursitis, Osteoarthritis of the hip and knee, and muscle imbalances associated with knee or hip injuries. Pre and post operative hip and knee patients are welcome as this class is also designed to optimize conditioning prior to surgery and facilitate post-operative rehabilitation.

FOOT & ANKLE

This 8 class program is specific to foot and ankle issues. Suitable for the student recovering from ankle sprains, plantar fasciitis, achilles tendonitis, dropped foot arches, and bunions.

PELVIC HEALTH

This program focuses on the nuances of pelvic floor function. The pelvic floor is strengthened in isolation, in coordination with the core musculature, in relationship to breathing, and is carried over into functional activity.
Note: Private or semi-private appointments only

SPINAL STENOSIS

This program suitable for patients with spinal stenosis, spondylolysis/ listhesis, and facet mediated pain. The class is performed on a raised surface as opposed to floor mats, making it easier for elderly patients to participate.
Note: Private or semi-private appointments only

PREGNANCY & POSTPARTUM BACKCARE

This class is designed for the pregnant or postpartum woman that is dealing with lower back and pelvic pain issues. Evidence-based pelvic stability exercises are designed to address lower back pain, sacroiliac, and pelvic floor dysfunction. Modifications will be made for pregnant woman. Babies are welcome.

COMPUTERFIT

This 8 class program will target common conditions seen in computer users including myofascial/ muscular neck pain, wrist and hand RSI (repetitive strain/ tendonitis), and disc-mediated low back pain. Emphasis will also be placed on learning and applying ergonomic principles and good sitting posture.