

Patient's name: _____
 Date of birth: _____
 Telephone number: _____

Date: _____

Reason for referral: _____

OHIP SERVICES

Sports Medicine and/or MSK Consultation

- Dr. Cruz Dr. Dehaan Dr. Joseph Dr. Rabinovitch Dr. Awan First available

EMG/NCS with Consultation

- Dr. Fam Dr. Hastings Dr. Joseph Dr. Awan First available

Interventional Medicine with Consultation (choose a Doctor / choose a treatment)

- Dr. Cruz Dr. Olsen First available
 Corticosteroid injection Hyaluronic acid injection Platelet Rich Plasma injection

Investigations Attached:

- MRI CT Ultrasound Bone Scan X-ray

NON-OHIP SERVICES

- | | | |
|--|---|---|
| <input type="checkbox"/> Physiotherapy | <input type="checkbox"/> Customized Injury Prevention | <input type="checkbox"/> Osteopathy |
| <input type="checkbox"/> Pelvic Health Physiotherapy | <input type="checkbox"/> Golf Injury Prevention | <input type="checkbox"/> Paediatrics |
| <input type="checkbox"/> Vestibular Physiotherapy | <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Sports Specific Training Program |
| <input type="checkbox"/> Chiropractic | <input type="checkbox"/> Orthotics | <input type="checkbox"/> Synergy Movement Therapy |

SYNERGY MOVEMENT THERAPY PROGRAMS

- Back Care Computer Fit /RSI's Foot /Ankle Care Hip/Knee Care Neck /Shoulder Care

PRODUCTS

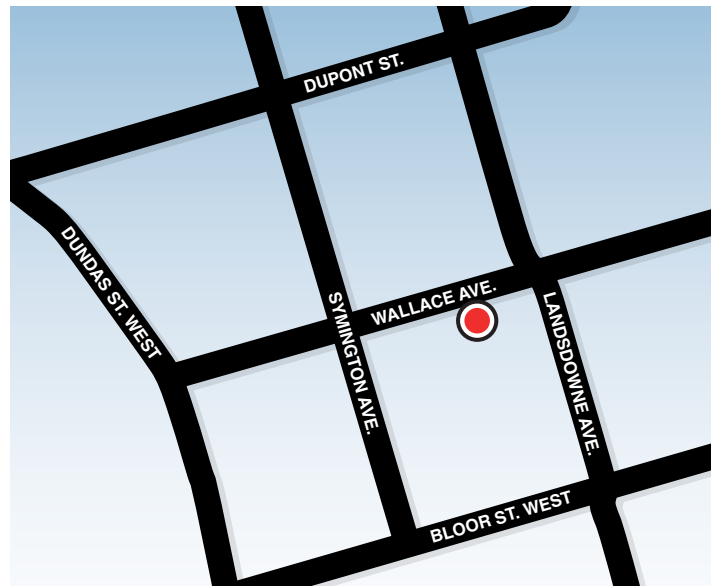
- Custom Orthotics
 Custom Knee Braces

REFERRING PHYSICIAN'S INFORMATION

Physician's Name: _____
 Signature: _____
 OHIP Provider Number: _____



Injury-specific *Synergy Movement Therapy* programs have been 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.

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.

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.

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 postoperative rehabilitation.

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.

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Empowering through movement