

Patient's name:		
Date of birth:		
OHIP #:		
Phone: (H)	(M)	(W)

Date: _____

Reason for referral:

OHIP SERVICES

Sports Medicine and /or MSK Consultation

- First available Dr. Jansen Dr. Joseph Dr. Boyd Dr. Rendely Dr. Dehaan Dr. Rabinovitch Dr. Awan

EMG /NCS with Consultation

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

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

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

Include Investigations Attached (please indicate)

- MRI X-ray Ultrasound Bone Scan CT

Sport Related Concussion

- First available Dr. Boyd

NON-OHIP SERVICES

- | | | |
|---|---|---|
| <input type="checkbox"/> Physiotherapy | <input type="checkbox"/> Golf Injury Prevention | <input type="checkbox"/> Running assessment |
| <input type="checkbox"/> Pelvic Health Physiotherapy | <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Concussion |
| <input type="checkbox"/> Vestibular Physiotherapy | <input type="checkbox"/> Chiropractic | <input type="checkbox"/> Personal Training |
| <input type="checkbox"/> Chiropractic | <input type="checkbox"/> Osteopathy | <input type="checkbox"/> Synergy Movement Therapy |
| <input type="checkbox"/> Acupuncture | <input type="checkbox"/> Paediatrics | |
| <input type="checkbox"/> Customized Injury Prevention | <input type="checkbox"/> Musculoskeletal Headache | |

SYNERGY MOVEMENT THERAPY PROGRAMS

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

Courses with the  icon are available online

PRODUCTS

- Custom Orthotics
- Custom Knee Braces

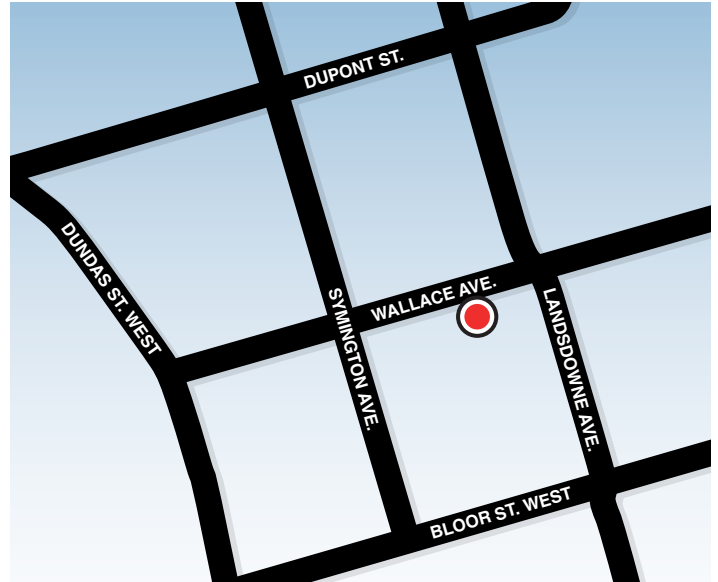
REFERRING PHYSICIAN'S INFORMATION

Physician's Name: _____ Signature: _____

Physician's Address: _____

OHIP Billing #: _____

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 4 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.

Available Online!

<https://embodiaapp.com/courses/448-back-care-4-week-program>



ComputerFit

This 4 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 4 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 4 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 4 class program is specific to upper body issues. Perfect for the person with neck tension, tension headaches, rotator cuff injuries, and cervical spine problems.

Available Online!

<https://embodiaapp.com/courses/449-neck-care-4-week-program>

