

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. Bazmi  
 Dr. Rendely   
  Dr. Dehaan   
  Dr. Rabinovitch   
  Dr. Awan

**EMG/NCS with Consultation**

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

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

- First available   
  Dr. Olsen   
  Dr. Jansen   
  Dr. Boyd   
  Dr. Bazmi  
 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   
  Dr. Bazmi

**NON-OHIP SERVICES**

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

**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

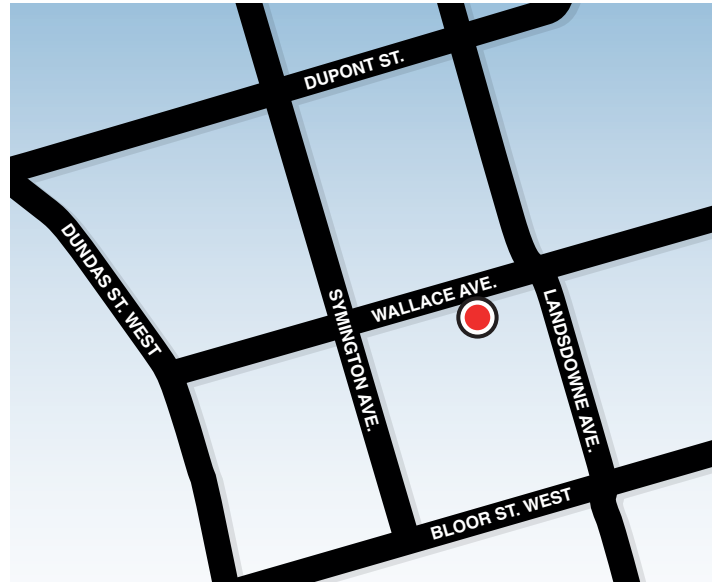
**PRODUCTS**

- 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>