

Date: \_\_\_\_\_

Reason for referral: \_\_\_\_\_

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

We will contact you or your patient within 10 business days of receiving a completed referral.

## OHIP SERVICES

### Sports Medicine and / or MSK Consultation

First available      Dr. Jansen      Dr. Boyd      Dr. Rabinovitch      Dr. Dehaan      Dr. Pollock      Dr. Diep

### EMG / NCS with Consultation

First available      Dr. Sawa      Dr. Boyd      Dr. Pollock      Dr. Diep

### Interventional Medicine with Consultation - No spine injections (choose a Doctor / choose a treatment)

First available      Dr. Jansen      Dr. Boyd      Dr. Pollock      Dr. Sequiera      Dr. Diep

*Corticosteroid injection*

*Hyaluronic acid injection*

*Platelet Rich Plasma injection*

### Include Investigations Attached (please indicate)

MRI      X-ray      Ultrasound      Bone Scan      CT

### Sport Related Concussion

Dr. Boyd

## NON-OHIP SERVICES

|                                |                              |                          |
|--------------------------------|------------------------------|--------------------------|
| Physiotherapy                  | Customized Injury Prevention | Running assessment       |
| Pelvic Health Physiotherapy    | Golf Injury Prevention       | Concussion               |
| Shockwave Therapy              | Massage Therapy              | Personal Training        |
| Blood Flow Restriction Therapy | Osteopathy                   | Synergy Movement Therapy |
| Chiropractic                   | Paediatrics                  |                          |
| Acupuncture                    | 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

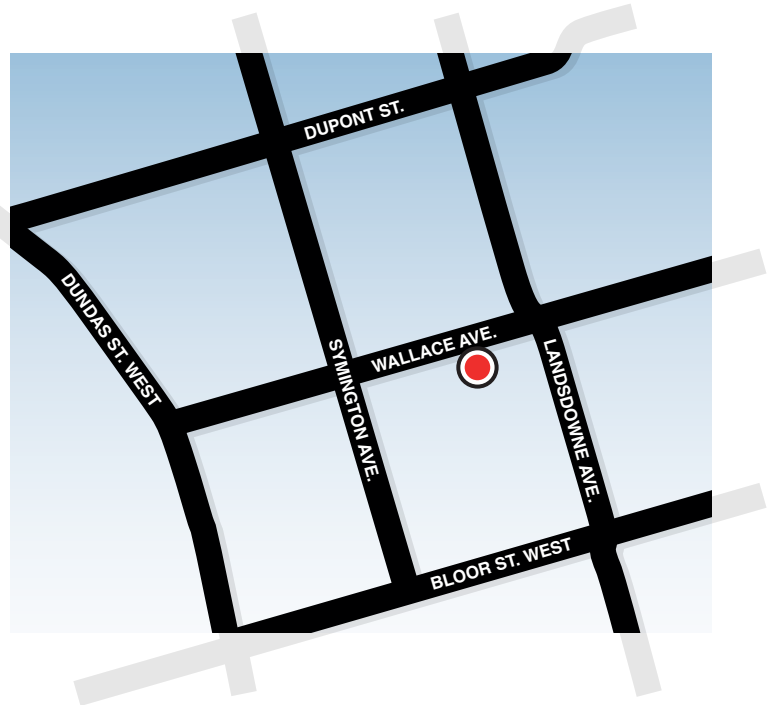
## REFERRING PHYSICIAN'S INFORMATION

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/449-neck-care-4-week-program>



### 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>



### 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.