

WHAT IS PHYSIOTHERAPY?

Physiotherapy is a regulated health profession in Ontario that promotes wellness, mobility and independent function.

Physiotherapists have advanced understanding of how the body moves, what keeps it from moving well, and how to restore mobility.

CAN PHYSIOTHERAPY HELP ME?

Physiotherapists manage and prevent many physical problems caused by illness, disability, sport injuries, motor vehicle accident and work related injuries, aging, and long periods of inactivity.

Our physiotherapists are skilled in the assessment and hands-on treatment of a broad range of conditions that affect the musculoskeletal, circulatory, and nervous systems.

AT LJR PHYSIOTHERAPY...

All of our physiotherapists are registered with the College of Physiotherapists of Ontario, and have over 20 years experience. They are skilled in providing rehabilitation for a variety of conditions including:

- Back / Neck Pain
- Strains / Sprains
- Tendonitis
- Headaches / TMJ
- Fibromyalgia
- Arthritis
- Joint Replacement
- Post-Surgical Rehabilitation
- Work-Related Injuries
- Sports Injuries
- Motor Vehicle Accident Injuries

Treatment options may include:

- Heat and/or Ice
- Ultrasound
- Interferential
- TENS
- Laser Treatment
- Acupuncture
- Manual Therapy
- Exercise Prescription
- Education

COVERAGE FOR YOUR PHYSIOTHERAPY VISITS...



LJR Physiotherapy Services are not covered by OHIP.

Our methods of payment include:

- Visa / Master Card
- Debit
- Cash
- Personal Cheque
- Private Insurance Benefits
- MVA Insurance Benefits
- WSIB Benefits

Physiotherapists are **primary referral practitioners**, and therefore do not require a doctor's referral to initiate treatment. You may, however, require a referral in order to receive coverage from your Private Insurance.

YOUR PHYSIOTHERAPIST AND YOU...

Your physiotherapist's goal is to help you develop and maintain an active and healthy lifestyle. This includes helping you return to work and leisure activities.



We will take the time to assess your condition, and develop a program based on your therapeutic needs and goals. We will also show you self-management techniques to promote full recovery and prevent further injuries.

BY APPOINTMENT ONLY

Call today to book your appointment with one of our Registered Physiotherapists.

We request 24 hour notice if you need to reschedule or cancel any of your appointments.



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PHYSICAL THERAPY



**LET'S JUST
REJUVENATE**

