



# EMERALD PHYSIOTHERAPY & REHABILITATION

## What To Expect

We begin with a consultation and assessment to determine the cause of your symptoms and the treatment program necessary to decrease pain and normalize function. With your goals in mind, we will design a rehabilitation program individualized to your needs.

We are committed to providing physiotherapy services that are tailored to you, allowing your total number of visits to be kept to a minimum.

**If you are recovering from an accident, injury, illness, or operation, talk to your physician about rehabilitation. We can help you:**

- relieve your pain,
- regain your strength and flexibility,
- increase your movement and mobility,
- stay active,
- prevent injury and return you to your busy life as quickly as possible.

**On your first visit your physiotherapist reviews your injury or condition and plans a treatment program for you. This includes the following:**

- You will be asked to fill out an information form regarding your present health status and present complaints.
- You will be asked questions about your present condition and health history by your physiotherapist.
- A physical examination is performed by a licensed physiotherapist to assess your injury or condition.
- Your physiotherapist reviews with you what was found during the assessment and discusses the recommended treatment goals and program.
- You agree or disagree to treatment before it starts.

- You will gain an understanding of your condition, how you can start to manage it, and a guideline as to how many visits your treatment may take.

### **How Long Will it Take?**

The initial assessment usually requires an hour to an hour and a half of your time depending on the problem area/condition/injury. Subsequent/follow-up visits usually require approximately 30 - 45 minutes to complete.

### **What to Bring**

**For the Initial Assessment, we recommend that you bring the following:**

- your physician's name and number,
- a copy of your referral if you have been given one by your physician,
- the name of your insurer including policy numbers if applicable,
- list of current medications,
- the names and contact numbers of other healthcare professionals you may be consulting,
- t-shirt and shorts (clinic gowns and shorts are available), and running shoes may also be required.

### **General Services**

**Assessment and Treatment of:**

- peripheral and spinal joint conditions
- sports injuries
- post-op joint replacement
- muscle/tendon/ligament injuries
- work related
- motor vehicle injuries
- jaw/TMJ Dysfunction
- pre & post-surgery

- arthritis conditions
- neurological conditions

**Specialty Services:**

- Acupuncture
- Neuro Rehabilitation
- Reconditioning Programs
- Return to Work Programs
- Female Urinary Incontinence/Pelvic Floor Physiotherapy

**Fees**

The fees for **Emerald Physiotherapy & Rehabilitation in Emerald Park, Saskatchewan** are set annually and are based on the Healthcare Services Index, a subcategory of the General Consumer Price Index supplied by Statistics Canada. The Healthcare Services Index is a measure of inflation applicable to physiotherapy services.

**2016 Fee Schedule:**

Initial Musculoskeletal Assessment \$90.00

Subsequent Musculoskeletal Treatment \$65.00

Initial Pelvic Health Assessment \$95.00

Subsequent Pelvic Health Treatment \$70.00

For a complete listing of fees for all of our other services such as neurological assessments/treatment, home visits, and reconditioning programs please feel free to contact us at **306-347-1999**