

## Physiotherapy at WSM RIM Park

The following is a guideline of what you can expect for your physiotherapy sessions at Waterloo Sports Medicine at RIM Park.

- ***Full detailed assessment:*** During your initial visit with your physiotherapist you will be asked a series of questions related to your injury as well as your general health. Afterwards you may be asked to adequately expose the injured area so that the strength, flexibility and overall function of the injured area may be properly assessed. Physiotherapy is a hands-on profession. If you are not comfortable with any aspects of an assessment or treatment please let your physiotherapist know.
- ***Proper dress code:*** Please wear suitable clothing dependent on which part of the body requires treatment. We recommend loose fitting clothing; shorts if it is a leg injury; a tank top if it's a shoulder or neck. Also, remember to bring the footwear you use for your activity (e.g. running shoes, dance shoes, figure skates, etc.). If you require advice on what clothes to wear, please ask the receptionist.
- ***Timing:*** Please be changed and ready to go for your appointment time. Some injuries require that you arrive a few minutes earlier than your scheduled time so as to warm up on the equipment. Your physiotherapist will instruct you on the type of warm up exercises that are appropriate for you.
- ***Check-in:*** All physiotherapy clients must check in with the receptionist prior to entering the treatment area. Should you be delayed in your travel to the clinic please call ahead to let the clinic know that you may be late. In order to respect other clients' time your appointment may need to be rescheduled.
- ***Payment:*** Payment is due after each visit. Please check with the receptionist as to accepted methods of payment.
- ***Cancellation Policy:*** WSM at RIM Park has a 24-hour cancellation policy. If you miss your appointment, you will be charged for the appointment.
- ***Treatment plan:*** Your Physiotherapist may discuss with you short-term and long-term goals as well as outline an exercise plan for you to follow.
- ***How many visits will I need?*** The number of treatments will vary depending on many factors, as all clients and injuries are different.
- ***Continuity of care:*** In order to maximize the benefits of your treatments we expect our clients to regularly attend their scheduled appointments. Inconsistencies in attendance may lead to poor results. We recognize that certain factors are beyond ones control. Compliance to your home program can help minimize the gaps in treatment sessions. Any gaps in treatment sessions longer than two months are subject to a re-assessment fee of \$68.00.

**Any gaps longer than 6 months are subject to the full assessment fee of \$85.00.**

- ***Preferred treatment times:*** In order to optimize your chances of getting “preferred” treatment times it is strongly recommended that you pre-book your appointments at least two weeks in advance. Your physiotherapist can give you an idea as to how many more sessions may be required.
  
- ***What types of treatment can I expect?*** This will vary depending on the type of injury, however could include some or all of the following:
  - **Hands on manual therapy mobilizations to spinal and peripheral joints**
  - **Spinal manipulation**
  - **Soft tissue mobilization techniques (Active Release, Myofascial Release)**
  - **Customized exercises to strengthen weakened or inactive muscles**
  - **Acupuncture for pain relief, muscle relaxation, and/or swelling reduction**
  - **Ultrasound, muscle stim., IFC/TENS**
  - **Mechanical spinal traction**
  - **Advice on returning to your sport/activity which may include the use of all RIM Park facilities (e.g.10 minute ice time to test skating skills)**

**The physiotherapists of WSM at RIM Park treat individuals of all ages who have sustained any orthopedic (muscle, joint, or nerve) injury. This does include those that have been injured as a result of a motor vehicle accident.**

**We do not however treat any claim under the WSIB (Workers’ Safety Insurance Board). Any individual making a WSIB claim reserves the right to be treated at our clinic. Should they want to claim an injury under the WSIB they will be responsible for paying for their treatments at our regular fees and then attempt to obtain any possible re-imburement from the WSIB.**

**I understand all of the above information and give consent to be treated as a client.**

**Signature** \_\_\_\_\_

**Print Name** \_\_\_\_\_

**Date** \_\_\_\_\_