

- Formulation of a goal-oriented plan of care and a time-frame for accomplishing these goals within the context of a multi-disciplinary setting. Education regarding how physiotherapy interventions relate to your problem/condition is also provided;
- The treatment plan is initiated and future appointments are scheduled in order to administer the interventions discussed.

Services provided by Rehab Plus:

- Physiotherapy
- Exercise Training
- Occupational Therapy
- Massage Therapy
- Acupuncture
- Chiroprody and Orthotics
- Hydrotherapy and Aquafit
- Speech Language Pathology
- Return to Work/Driving
- Motor Vehicle Rehabilitation

Rehab Plus provides comprehensive rehabilitation and wellness services offered on a fee-for-service basis. Our services may be covered by extended health benefits and other insurance plans. Call us to inquire and book your appointment. No doctor referral is required.

A history of experience

West Park opened in 1904 as a tuberculosis sanitarium and became one of the largest facilities in Canada devoted to the most advanced cases of the disease. With the development of new TB treatments, we were able to apply our exemplary care to more healthcare issues.

Today, West Park is a regional adult rehabilitation centre, a provider of complex continuing care and long-term care services. Our specialized skills and expertise in meeting complex physical rehabilitation needs are internationally recognized.



TRANSPORTATION

TTC: (416) 393-4636

Wheel Trans Customer Service: (416) 393-4111

Wheel Trans Reservations: (416) 393-4222



82 Buttonwood Avenue,
Main Bulding, Main Floor
Toronto, ON M6M 2J5
tel 416.243.3778
email: rehabplus@westpark.org
www.westparkrehabplus.org



ACCREDITATION IS THE
CONSUMERS' ASSURANCE
OF QUALITY CARE

Physiotherapy





What is Physiotherapy?

Physiotherapy is a healthcare profession that is dedicated to improving quality of life and is an important treatment option for many people. Physiotherapists are trained to treat a variety of physical conditions and may assist you with the following:

- Promoting optimal mobility, physical activity and overall health and wellness;
- Preventing disease, injury, and disability;
- Managing acute and chronic conditions, activity limitations and participation restrictions;
- Improving and maintaining optimal functional independence and physical performance;
- Rehabilitating injury and the effects of disease or disability and more!

Physiotherapy at Rehab Plus

Physiotherapy at Rehab Plus will assess, diagnose, and treat injury and disability symptoms, and work to promote wellness, mobility and independent function.

Physiotherapists are trained to treat the following conditions:

- Work, motor vehicle accident (MVA) and sports-related injuries;
- Neurological conditions/injuries such as stroke, traumatic brain injuries, Multiple Sclerosis, Parkinson's disease, Cerebral Palsy and neuropathies;
- Pre/post surgical conditions;
- Repetitive strain injuries;
- Osteoarthritis and rheumatoid arthritis;
- Spinal - neck, thoracic and lumbar pain;
- Upper and lower extremity pain - example: shoulder, hip and knee.

What to expect at your initial visit

Your initial visit consists of an individualized, comprehensive assessment by one of our physiotherapists (PTs). The assessment includes:

- Review and documentation of a detailed medical history, current medications, referral information (if required) and relevant reports of any laboratory and/or imaging procedures;
- A musculoskeletal and/or neurological physical examination using specific tests and measures in order to identify and evaluate impairments and functional limitations as they relate to your problem or condition;
- A discussion with the PT regarding their assessment findings and how physiotherapy interventions relate to your problem;