



# Your Path to Improved Health

[www.erasosaphysio.com](http://www.erasosaphysio.com)



[www.gwha.ca](http://www.gwha.ca)  
[www.uoguelph.ca/hpc](http://www.uoguelph.ca/hpc)

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule.

## EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
CONESTOGA COLLEGE	519.748.5131 x3585
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH - BULLFROG MALL	519.767.9950
GUELPH - HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606



Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

- billing inquiries and payment options
- health insurance provider information (WSIB, MVA, private health insurance)
- booking convenient appointments
- collecting new patient information
- answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.



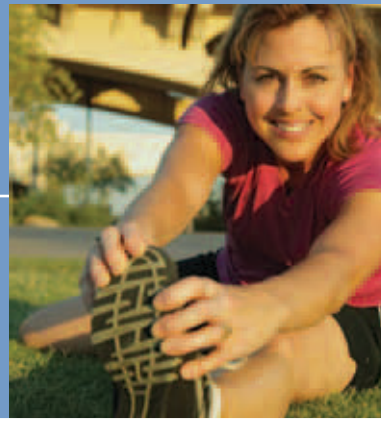
### Additional services include:

- specialized programs for shoulder, back and knee pain
- post-surgical rehabilitation
- acupuncture
- sports injuries - specialized programs designed for the prevention and treatment of injuries
- massage therapy
- motor vehicle accident injuries
- work-related injuries
- several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- several sites offer custom brace fitting and other braces and support



# Your Path to Improved Health

## Clarify. Collaborate. Treat. Discharge and Review.



### 1 Clarifying Your Injury/Complaint

The initial assessment is an integral piece of your **Path to Improved Health**. This is your opportunity to discuss why you are visiting our facility with your professional, skilled physiotherapist. Our assessment includes:

- a **detailed review** of what brings you to the clinic and your relevant medical history
- a **full physical examination** that may include range of motion, strength, orthopaedic and other specialized tests (you may be required to wear shorts or a gown for better visibility)
- an outline of the assessment findings that **explains your treatment plan** and **clarifies timelines** involved for recovery, as well as discussing any outstanding concerns
- your first personalized **physiotherapy treatment**

### 2 Collaborative Healthcare Approach

This unique collaborative healthcare step gathers all of your information so we can provide you with the most accurate **Path to Improved Health**.

- with your permission, we inform your family physician about your proposed treatment and if necessary, make recommendations regarding returning to work or the need for further investigative tests, such as x-rays.
- we are also open to communicating with alternative healthcare providers, such as sports coaches and personal trainers

This approach enhances the quality of your treatment, ensures the use of appropriate resources and reduces your need to facilitate the transfer of information to your healthcare practitioner.

### 3 Treatment to Improve Your Health

Our **physiotherapists** are actively involved in ongoing **research, advanced credentialing** courses and **teaching** in order to provide you with the best **evidence-based treatments** available. Treatment is provided in a modern facility with a fully-equipped gym and consists of **hands-on therapy** and research-based supervised **exercises** provided exclusively by your physiotherapist.

While people often experience immediate pain relief, it is not uncommon for an exercise-based approach to increase short-term discomfort. In addition to manual therapy, we also offer research-based pain relieving modalities including ultrasound, interferential current, acupuncture, transcutaneous nerve stimulation, moist heat and cryotherapy (ice).

Our treatments strive to meet your goals, provide you with independence and always involve an individualized home exercise program. We will provide, at no extra charge, tools like resistive elastic bands and tape or suggest other common household items to carry out your program. We develop plans for any joint or muscle complaint and also offer specialized programs for the treatment of shoulder, knee, neck and low back pain.

Treatments are scheduled at convenient times, with early morning and late evening appointments available for your convenience.

### 4 Discharge Review

To help keep you on the **Path to Improved Health** you will receive a home-based exercise program as a tool for you to prevent your injury from reoccurring.

Your primary healthcare provider will also receive an overview of changes, improvement of pain and overall function.

### 5 Discharge Peak Review

We want you to remain at the peak of your **Path to Improved Health** and will follow up on your progress after you are discharged from the clinic. You will receive a follow-up letter, and should you have any reoccurrences or would like to have another concern addressed, we invite you to return to the clinic at your convenience.

*Our physiotherapy treatment uses the most up-to-date research supporting physiotherapy to empower our clients to understand their treatment, whilst providing a professional environment to remedy their concerns in a realistic timeframe.*

