



235 Wallace Avenue, Toronto M6H 1V5
T. 416.703.3525 F. 647.343.8073
www.synergysportsmedicine.com

Patient Name: _____
Date of Birth: _____
Phone: _____
Health Card Number: _____

Date: _____

Reason for referral: _____

OHIP SERVICES

Sports medicine and/or MSK Consultation

- Dr. Awan
- Dr. Bhangu
- Dr. Rabinovitch
- First available

EMG/NCS with Consultation

- Dr. Awan
- Dr. Bhangu
- First available
- Carpal Tunnel Clinic (includes EMG with consultation)

NON-OHIP SERVICES

- Physiotherapy
- Massage therapy
- Osteopathy
- Chiropractic
- ART
- Acupuncture
- Naturopathy/Dietary
- Chiropody/Foot Care
- Rehabilitative Pilates
- Sports conditioning/taping

PROGRAMS (SEE REVERSE FOR DETAILS)

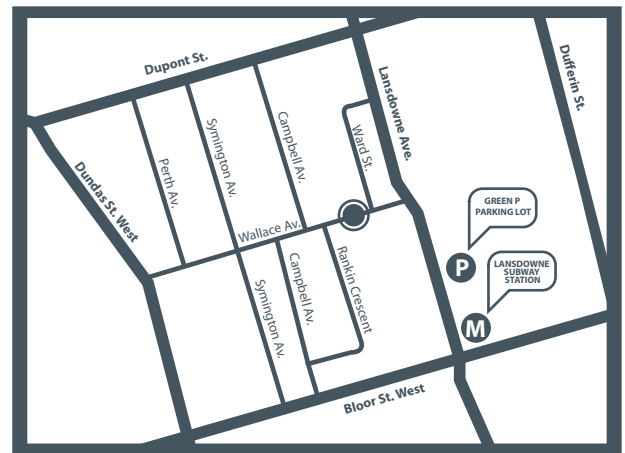
- Back care
- Neck/shoulder care
- Foot/ankle care
- Osteoarthritis (hip/knee)
- ComputerFit
- Pregnancy & Post-partum conditioning
- Yoga/stress management

PRODUCTS

- Custom orthotics
- Custom or off-the-shelf braces
- Compression stockings

Physician Name: _____
Signature: _____
Provider Number: _____

Synergy offers injury-specific rehabilitation programs created by our physicians and rehabilitation providers, with the goal of educating patients on how to self-manage their condition. The program format consists of small group classes of approximately 6-10 people led by qualified rehabilitative pilates and yoga instructors.



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PROGRAM DESCRIPTIONS

BACK CARE

This class will focus on patient education, highlighting lumbar core stabilization exercises, stretches, and self massage techniques. Patients will be placed into specific classes with either a flexion or extension bias depending on their underlying injury or condition.

NECK/SHOULDER CARE

This class will emphasize stretching and strengthening the neck, shoulder, and shoulder blade to optimize posture, and teach exercises that strengthen the core and further support proper posture. Breathing exercises and self massage techniques will be used to facilitate relaxation of neck and upper back musculature.

FOOT/ANKLE CARE

Foot and ankle alignment, flexibility, and balance/proprioception will be emphasized in this class. Patients will learn exercises that target common foot and ankle conditions such as plantar fasciitis, bunions, achilles tendonitis, and ankle sprains/instability.

OSTEOARTHRITIS (HIP/KNEE)

This class will educate patients by highlighting the appropriate gentle range of motion and strengthening exercises designed to target

arthritis of the hip and knee. Pre-operative hip and knee patients are welcome. This class may benefit patients looking to optimize conditioning prior to surgery while facilitating post-operative rehabilitation.

COMPUTERFIT

This class will target common conditions seen in computer users including myofascial/muscular neck pain, wrist and hand RSI (repetitive strain injury/tendonitis), and disc-mediated low back pain. Emphasis will also be placed on learning and applying ergonomic principles.

YOGA/STRESS MANAGEMENT

Breathing exercises and restorative yoga poses will be emphasized with the goal of improving posture and reducing stress. The breathing component of this class may be of benefit to patients with asthma and COPD.

PREGNANCY AND POST-PARTUM CONDITIONING

This class will emphasize pelvic floor and core muscle retraining with the goal of getting patients back to their previous level of activity, and reducing the incidence of post-partum low back pain and urinary symptoms.