

# Physiotherapy after surgery

Your surgeon will recommend that you attend your physiotherapy initial assessment 3 to 4 days after your surgery date. Please contact a clinic to book your initial assessment.

**Please book your physiotherapy initial assessment prior to your surgery!**

**\*\*\*Please answer this question before moving forward\*\*\***

**Is this the first time you are having surgery done to replace this joint on this side?**

(Answer Yes or No)

- YES** - Please use section 1 as a guide to booking your physiotherapy appointments in a clinic, as you are a patient enrolled in the Hip and Knee Bundled Care Program.
- NO - I have already had this joint on this side replaced before.** Please turn page over and use Section 2 for a list of clinics in the area you may wish to book with.

## Section 1

As a patient enrolled in the Hip and Knee Bundled Care program, the therapy provided at one of our partnered clinic locations (outlined below) is covered by Hamilton Health Sciences.

	<b>Name</b>	<b>Address</b>	<b>Telephone</b>
<b>Ancaster</b>	Arthritis & Sports Medicine Centre	49 Wilson Street	905-648-6500
<b>Brantford</b>	Mobility Orthopaedic Rehab Centre	270 King George Road	519-304-5767
<b>Burlington</b>	Absolute Physiotherapy & Wellness	1960 Appleby Line	905-631-1500
	Fairview Rehabilitation Centre	2200 Fairview St. Suite 107	905-333-9649
<b>Cambridge</b>	Cambridge Centre for Health & Wellness	350 Conestoga Blvd Unit B4D	519-624-9994
<b>Georgetown</b>	Restore Physiotherapy	1A Princess Anne Dr. Unit 200	905-702-1840
<b>Hamilton</b>	Performance Physiotherapy	50 Dundurn Street South	905-527-5111
	Upper James Physio	1508 Upper James	905-383-3096
	West End Physio	10 Ewen Road	905-524-2365
<b>North York</b>	Downsview Orthopaedic & Arthritis Centre	806 Wilson Ave	647-748-1005
<b>Oakville</b>	Restore Physiotherapy	461 North Service Road Unit B18-19	905-827-7100
<b>Stoney Creek</b>	Performance Physiotherapy	45 Goderich Road, Suite 7	905-662-8850
<b>Toronto</b>	Go T.O. Physio & Rehab	272 Richmond Street East	416-366-4686

**Note:** Patients may choose to attend other clinics not listed here using the bundled care funding. Patient may alternatively choose to use their extended health care (private) benefits or on an out-of-pocket basis to attend a clinic.

**Continued on next side** 

## Section 2

Here is a list of Physiotherapy Clinics in the Greater Hamilton area you may wish to book with.

Physiotherapy Clinics			
	Name	Address	Telephone
<b>Hamilton</b>	Charlton Physiotherapy ✓	230 James Street South, 3rd Floor	289-768-7396
	Hamilton Physio & Rehab ✓	207-200 James Street South	905-529-0521
	Innova Physio & Sports Rehab ✓	303-883 Upper Wentworth	905-389-8772
	LifeMark Physiotherapy - Hamilton Main East ✓	5-1440 Main Street East	905-544-0053
	LifeMark Physiotherapy - Hamilton Mohawk ✓	3-210 Mohawk Road East	905-388-3902
	Niagara Orthopedic Institute - Hamilton	625 Greenhill Ave., Unit 3	289-674-4400
	Preferred Rehab Physiotherapy Orthopaedic Centre	310 Limeridge Rd West Suite 3	289-755-7777
	PT Health - Mountain Physiotherapy ✓	520 Upper Sherman Avenue	289-919-4114
	PT Health - Victoria Physiotherapy ✓	L2 414 Victoria Avenue North	289-919-4115
	West End Physiotherapy Clinic ✓	10 Ewen Road	905-524-2365
<b>Stoney Creek</b>	PT Health - Queenston Physiotherapy ✓	105-15 Mountain Avenue South	289-203-1778
<b>Ancaster</b>	Prime Care Physiotherapy Clinic	385 Wilson St. East	905-648-5554
<b>Dundas</b>	Ultimate Physiotherapy and Rehab	101 Osler Dr, Unit 134B	905 627-1234
<b>Grimsby</b>	Waterview Physiotherapy	3-560 N Service Road	289-235-8800
<b>Waterdown</b>	PT Health - Flamborough Physiotherapy ✓	5-80 Hamilton Street North	289-619-1995
<b>Burlington</b>	PT Health - Brant 730 Physiotherapy ✓	2015 Mount Forest Drive	289-348-0345
	PT Health – Advance Physiotherapy ✓	1450 Headon Road, Unit 1 & 2	905-315-7156
<b>Brantford</b>	CBI Health Centre-Brantford West ✓	325 West Street, Suite 300, Building A	519-756-5450
	Scott Physiotherapy Clinic ✓	35 Morrell Street	519-759-2155
<b>Caledonia</b>	Haldimand Physiotherapy Centre ✓	41 Caithness Street West, Main Level	905-765-5449
<b>Virgil</b>	Niagara Physiotherapy and Sport Clinic ✓	1517 Niagara Stone Road, Hwy 55	905-468-7979
<b>Welland</b>	Physiotherapy Rehabilitation Centre ✓	17 Vaughan Road	905-788-1985
<b>Dunnville</b>	PT Health - Dunnville Physiotherapy ✓	420 Lock Street West	289-768-3687
<b>Fonthill</b>	LifeMark Physiotherapy – Fonthill ✓	6-209 Highway #20 East	905-892-4431
<b>Simcoe</b>	South Coast Physiotherapy ✓	216 West Street, Unit 305	519-428-1234
<b>Port Colborne</b>	The Clinic on Elm ✓	380 Elm Street	905-834-5551
<b>Thorold</b>	Thorold Medical Facilities Ltd. ✓	60 Albert Street West	905-227-5255
<b>St. Catharines</b>	St. Catharines Physiotherapy Centre ✓	4A-145 Carlton Street	905-685-4733
<b>Niagara Falls</b>	Fortius Physiotherapy & Wellness Niagara ✓	Unit 1 & 2, 3930 Montrose Road	289-296-9887
<b>Vineland</b>	Vineland Physiotherapy	4100 Victoria Avenue Suite 101	905-562-3511
<b>Fort Erie</b>	Fortius Physiotherapy & Wellness	660 Garrison Rd Unit 3	905-991-1887
<b>Beamsville</b>	Beamsville Physiotherapy	4413 Ontario St, Unit 202	905-563-6730

✓ Indicates it is an OHIP Clinic

**Note:** Patients may choose to attend other OHIP clinics closer to home not listed here. Patients may also choose to use their extended health care (private) benefits or on an out-of-pocket basis to attend private clinics.