

# Appointment Prep

## FAQs

### How long is my physiotherapy appointment?

This depends on the injury and type of treatment you require. But expect to be in the clinic for approximately 30 minutes to one hour.

### Do I need a referral from my doctor to attend North Ajax Rehab?

No, you do not require a doctor's referral to receive our services. However, some insurance companies require a doctor's referral before they reimburse treatment costs. Check your insurance plan.

### What should I wear on my first visit?

In general, wear comfortable clothing that allows you to move freely. If you have problem areas on your upper body (neck, back, shoulders, arms), wear a tank top or sleeveless shirt. If you are coming for a lower-extremity problem, wear shorts or loose pants.

### How many treatments will I need?

Every condition is individually evaluated, based on the person and severity of their condition and patient expectations. During your initial assessment, your physiotherapist will discuss a treatment plan and will recommend a frequency and duration of physiotherapy.

### What should I expect on my first visit?

**Physiotherapy** - On your first visit, your physiotherapist will perform an examination to determine what impairments, functional limitations, disabilities, or other health-related conditions you may have. Your Physiotherapist will provide you with a diagnosis of your condition, an individual treatment plan with approximate duration, and likely prognosis.

**Massage** - Your therapist will ask you to fill out a health history form, which records any medical history, injuries and other physical conditions they should be aware of. Your massage therapist will review the health history form and inquire about the reasons you are coming for a massage. They will review your current physical condition and any areas where you are experiencing pain and would like more attention on

during your massage.

## **During Physiotherapy treatment, who is providing the service?**

You are one-on-one with a licensed physiotherapist for the entire treatment.