



## What is Musculoskeletal Physiotherapy?

Musculoskeletal Physiotherapy is a type of Physiotherapy that treats injuries and ailments that affect the muscles, joints, nerves and tendons.

## How can Musculoskeletal Physiotherapy help you?

This type of Physiotherapy will help you regain movement and balance following a recent hip, knee or shoulder surgery, fracture, injury or another musculoskeletal condition. You will be assessed and seen for a specific number of therapy visits.

We offer in-person, virtual and telephone visits.

## To be eligible for this service, you must:

- Be referred by a doctor
- Be medically stable
- Have a **new** musculoskeletal injury

## What can you expect?

- Your Physiotherapist will complete an initial assessment and create a plan for you
- Follow-up appointments will be talked about with you at the end of your first appointment
- How often you attend therapy and how long you are in the program will be talked about by you and your Physiotherapist
- The staff you see at the clinic may include a Registered Physiotherapist and Physiotherapist Assistant

This document was created:

In partnership with  
Patient & Family  
Experience Advisors



June 30 2022

## What to bring?

- Your Health Card
- List of your medications
- Shoes you can exercise in, like running shoes
- Comfortable clothing you can exercise in

If applicable:

- Your mobility aid such as cane or walker
- Your exercise booklet
- Your reading glasses and/or hearing aids

## Where are the clinics located?

### Lakeridge Health Ajax Pickering

580 Harwood Avenue South  
Ajax, ON, L1S 2J4  
Tel: 905-683-2320 Ext. 11213  
Email: [LHAPPhysio@lh.ca](mailto:LHAPPhysio@lh.ca)

\*Limited paid parking is available. Drop off at the Hospital's West Entrance is recommended. Take the West Tower elevator down to the G level. Follow signs to the Physiotherapy Clinic. Check in at the Reception Desk upon entering.

### Lakeridge Health Oshawa (Offsite location)

58 Rossland Road West  
Oshawa, ON, ON L1G 2V5  
Tel: [905-576-8711](tel:905-576-8711) Ext. 34355  
Email: [lhoarc@lh.ca](mailto:lhoarc@lh.ca)

\*Limited free parking is available on the west side of the building. The clinic is located on the main floor. Check in at the Reception Desk upon entering.

## For more information visit:

[www.lakeridgehealth.on.ca/en/ourservices/musculoskeletalphysiotherapy.asp](http://www.lakeridgehealth.on.ca/en/ourservices/musculoskeletalphysiotherapy.asp)

Or use the QR code below

