

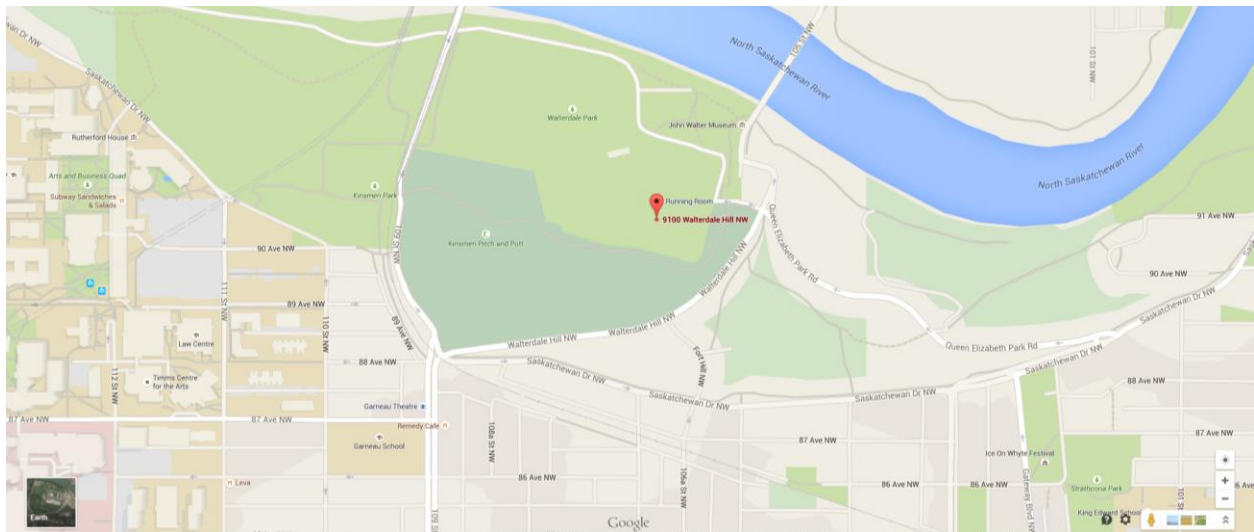


Thank you so much for choosing the Kinsmen Sports Centre Physical Therapy Clinic as your physiotherapy provider.

We have put together this package to help guide you through your rehabilitation.

How to Find Us:

We are located at the bottom of Walterdale Hill inside the Kinsmen Sports Centre.



Come in the main entrance of the facility and the City of Edmonton Admissions Staff will direct you to the Clinic.

What to Bring With You:

All you really need to bring are your Alberta Personal Health Number, if you desire an assessment funded through Alberta Health Services and comfortable clothing such as a t-shirt, tank top, shorts, yoga pants, indoor running shoes or clean walking shoes.

If you have any of the following please bring them to your first appointment:

- Your Workers' Compensation Board Claim Number and your employer's name and address
- Your Automobile Insurance Policy Number, Claim Number and AB-1 form
- The referral from your physician
- Any diagnostic imaging reports or other reports related to your condition

Admissions Process:

We need to gather some information about you on our Intake Form. Follow the link to view it and feel free to fill it in prior to your appointment or allow yourself 5 minutes to complete it before your initial assessment.

<http://kinsmenphysio.com/wp-content/uploads/2013/10/Intake-Form.pdf>

Your Physiotherapist will greet you in our waiting room.

You will then be taken to a cubicle where your assessment will take place.

You may be asked to change into attire appropriate for the assessment.

The Assessment:

The assessment consists of a history and an objective examination and will last 30-45 minutes.

The history involves your physiotherapist questioning you about your injury or issue, how it impacts your daily function and mobility, and what your treatment goals are.

The objective examination involves your physiotherapist asking you to move, testing your strength, and evaluating specific tests for your injured or affected area.

After the history and objective examination, your physiotherapist will give you a physiotherapy impression or diagnosis of your condition and explain how physiotherapy can help you with your condition and, more importantly, achieve your goals.

Treatment Sessions:

After you have consented to treatment, treatment can begin. Treatment sessions typically last from 45 minutes to an hour.

The most effective treatment at the most appropriate time is what you should expect.

Our philosophy centers on independence. We want you to be able to address as much of your condition as possible. Home exercises, self-management strategies, and modification of aggravating activities are core components of any physiotherapy program.

Your physiotherapist will explain each component of your treatment program along with why it is important.

See the Service page of our website to learn more about what our team can offer.

<http://kinsmenphysio.com/home/services/>

Who Pays for Physiotherapy in Alberta?

Physiotherapy in Alberta is primarily a private pay system.

We accept cash, cheque, Visa, MasterCard, and Interac for payment for physiotherapy services.

Many extended health benefit plans, such as Alberta Blue Cross, will reimburse the fees associated with physiotherapy services. Given the vast number of plans and different providers, we are unable to submit your claim for you at this time.

There are several alternate funding options available, all of which we have detailed on our website at the “FAQ” page and listed below:

<http://kinsmenphysio.com/home/faqs/>

Alberta Health Services provides limited funding for assessment and treatment of Albertans with a valid Alberta Personal Health number. Follow the link for more information about the Ambulatory Community Physiotherapy Program:

<http://www.albertahealthservices.ca/services.asp?pid=service&rid=5799>

The Workers’ Compensation Board of Alberta (WCB) funds the initial assessment and treatment will be covered by WCB for work related injuries. However, further treatments must be approved by WCB. Follow the link to learn more about the WCB process:

www.wcb.ab.ca

If you were injured in a motor vehicle accident, you must seek assessment and treatment from a primary care provider within 10 days of the collision. You must then file the appropriate forms (AB-1 form) with your insurer. Pre-approved treatment is available for specific injuries and diagnoses. The link below will lead you to more information:

www.autoinsurance.gov.ab.ca

Survey

To assist us improve our processes, please follow the link to a survey regarding your experience scheduling and completing your first appointment at the Clinic.

<https://www.surveymonkey.com/s/2LG6J5B>

Thank you again for choosing the Kinsmen Sports Centre Physical Therapy Clinic as your physiotherapy provider.