

Outpatient Physiotherapy Clinics

Oakville • Milton • Georgetown



Oakville Trafalgar Memorial Hospital

3001 Hospital Gate, Oakville, ON L6M 0L8
T: 905.845.9540

Milton District Hospital

725 Bronte St. S. Milton, ON L9T 9K1
T: 905.876.7022

Georgetown Hospital

1 Princess Anne Drive, Georgetown, ON L7G 2B8
T: 905.873.4598

Burlington



JBH Wellness House

2160 Itabashi Way, Burlington, ON L7M 4J8
T: 905.632.3737 Ext. 6002

Mississauga



Credit Valley Hospital

2200 Eglinton Ave. West, Mississauga, ON L5M 2N1
T: 905.813.1571

Queensway Health Centre

150 Sherway Drive, Toronto, ON
T: 416.521.4142

Questions or Concerns:



A health care provider is available to answer any questions or concerns you may have about your surgery or *physio care*. This service is available 24 hours a day, 7 days a week for up to 90 days after your discharge from the hospital.

**24/7 Help Line:
Call - 1.866.898.2480**

Live outside the GTA? Need a clinic close to home? Can't book an appointment within a week of discharge?

For a list of other clinic options:
[Search publicly funded physiotherapy clinics in your area.](#)



Physiotherapy After Total Hip/ Knee Surgery



Physiotherapy

We want to ensure our patients continue to receive quality care after surgery. Outpatient physiotherapy following surgery is an important part of a successful recovery.

You have a choice in where to access outpatient physiotherapy. Care is available at hospital affiliated clinic locations in Oakville, Milton, Georgetown, Mississauga and Burlington.

Call the 24/7 Help Line for outpatient affiliated clinics. Please schedule your first appointment.

Where to go for Physiotherapy Care?

An outpatient physiotherapy clinic is the first option to consider for physio care after hip or knee replacement surgery. Please schedule your first appointment as soon as possible and preferably before surgery to secure a spot. Some patients may receive a referral form upon discharge from hospital. If you received a referral form take this to your first outpatient physiotherapy appointment.



Appointment

Halton Healthcare patients will be scheduled for their initial physiotherapy assessment appointment prior to hospital surgery.

Appointment:

Location:

It is important for your recovery to keep all scheduled physiotherapy appointments.

For Referral Information, Please Call:

**24/7 Help Line:
1.866.898.2480**

What to Bring

- Please bring your OHIP card to every visit.
- Please wear loose, comfortable clothing and shoes that are suitable for exercising. You may also wish to bring a towel and water bottle.
- Assistive devices if required.
- Upon arrival to the clinic, please check-in at the front desk.



Respite Care

Retirement homes offer professional supervision that is not covered by OHIP or most private medical insurances; therefore you would be responsible to pay for the cost of respite care.

Choosing a short stay in a retirement home after being discharged from the hospital is a good option if you:

- live alone
- have limited caregiver support
- are not able to stay with a family member or friend who can assist you
- are able and willing to pay for private care

Please call the retirement home as soon as you can and before surgery to coordinate your respite care for the day you are discharged from the hospital.

Please refer to the list of possible retirement homes in the “[Your Guide to Total Hip and Knee Replacement](#)” made available at your Pre-operative Education Class.

