

Advanced Spine Rehabilitation and Publically Funded Physiotherapy Programs at SPINEgroup

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Advancing Patient Care®

SPINEgroup is proud to be uniquely positioned to provide 3 levels of rehabilitation for patients from OHIP physiotherapy and post surgical hip and knee replacement patients to state of the art advanced spine rehabilitation for acute to chronic and complex spine pain conditions

Bundled Care Program for Hip and Knee Replacement Surgeries

If you are about to have unilateral hip or knee replacement surgery, you may be entitled to access the Ontario Ministry of Health and Long-Term Care's "Bundled Care" pathway for physiotherapy. This new "Bundled Care" pathway represents a province-led initiative in which entitled patients can transition from an authorized Toronto Central LHIN funding hospital to community-based rehabilitation facility or physiotherapy provider. After surgery, physiotherapy is an important part of your recovery process.

The hospital "Bundled Care" shifts the rehabilitation focus to integration at a manageable community level away from the hospital.

This "Bundled Care" initiative also represents a model of care featuring common performance objectives such as treatment outcome measures (e.g. pain scores) that are shared across providers. In particular, it helps to ensure that post-surgical hip and knee patients are receiving high-quality, standardized patient care throughout their surgery and recovery.

However, this new program is not the same as the OHIP-funded "Community Physiotherapy Program". This new "Bundled Care" pathway requires a referral and package from your care team at the hospital where you are having hip or knee surgery.

If you wish to get more information about accessing "Bundled Care" Physiotherapy at SPINEgroup® in Vaughan, Ontario, please call us at (905) 850-SPINE at any time before or after your hip or knee surgery.

OHIP Physiotherapy "Community Physiotherapy Program"

By contrast one of the most common means of accessing physical therapy for seniors and children is obtain a referral from a Family Doctor for OHIP physiotherapy under the Ontario Ministry of Health and Long-Term Care's publicly-funded "Community Physiotherapy Program". In many cases, this may be a senior's first experience with physical therapy. This experience may be a building block on how working with rehabilitation professional may serve future care needs with or without a written referral from a family doctor.

For all seniors (65+) that meet all eligibility criteria, you will receive a 'block' of one-to-one physiotherapy treatments (known as

an "Episode of Care" or "EOC"). However, each Community Physiotherapy Clinic has a maximum number of annual treatments that can be delivered to patients. As a result, this means that some clinics may have a Wait List for patient enrollment.

It is however important to note that although there are no pre-set limits to the number of visits or maximums that an eligible patient can receive as part of one, single EOC, seniors will be discharged at the clinical discretion of the attending physiotherapists when: (a) therapeutic objectives identified in treatment plan have been achieved; (b) when any reasonably equivalent gains could be achieved through self-care or self-management through an exercise, falls prevention, activation, or similar program in the community or at home; or (c) when no further gains are likely to be achieved from continuing the physiotherapy services.

Overall, physiotherapy services funded under the community program are aimed at addressing acute episodes or worsening of symptoms that leads to decreased function or mobility (e.g. a debilitating event or disease including chronic disease such as arthritis, pain, injury or surgical procedure). At SPINEgroup®, we will send a discharge summary report to the referring family physician or nurse practitioner. It is also important to note that OHIP Community Physiotherapy does not cover any physiotherapy treatment that may be received, at the same time, for an injury that is funded by another source (i.e. worker's compensation, motor vehicle accident benefits or private health insurance plans.). On the other hand, therapy that is funded by another source can also be accessed concurrently with an Episode of Care or after you have been discharged from an EOC.

When accessing repeat visits to OHIP Community Physiotherapy, there are some things you will need to consider first. Often seniors with chronic conditions (e.g. osteoarthritis) wish to access OHIP Community Physiotherapy for after they have been discharged from care by the attending physiotherapist. More often than not, seniors will seek the same health care provider in order to maintain continuity of care. In this case, you should speak to your Family Doctor or Nurse Practitioner about a new EOC with a new referral. In general, you may be eligible only if you experience a "flare-up" or acute episode has resulted in a negative change or deterioration in function or mobility.

When speaking to your physiotherapist, this information must be clearly documented in your assessments and/or re-assessments for all EOCs, especially when you are dealing with chronic issues so that if a patient chart is reviewed, the reason for eligibility is clear. If however it cannot be clearly documented and there is no negative change in function but you merely feel better when you receive physiotherapy, then you will not be eligible for a repeat EOC. In other words, you may

be ironically declined repeat enrollment in OHIP Community Physiotherapy if the only reason is that it makes you feel better. However, in cases where you are not eligible for repeat care, not all is lost. You may wish to continue therapy with private health insurance plans or as a private patient with the health provider of your choice on a case by case basis. Also, please keep in mind that you can also be referred for physiotherapy to treat more than one condition at the same time which may be based on the referral from your Family Doctor). Both conditions would be treated under one EOC as the "whole" person needs should be considered. Finally, although having a referral from a doctor or nurse practitioner is a requirement of this program, having a referral does not mean that patients automatically qualify for an EOC. They must meet all eligibility criteria as determined by your physiotherapy health services provider or in some cases by the Ontario Ministry of Health and Long-Term Care.

All patients referred to SPINEgroup® under the Ontario Ministry of Health and Long-Term Care's ("MOHLTC") publicly-funded "Community Physiotherapy Program" is initially assessed upon intake, triaged to a physiotherapist and case-managed throughout the "Episode of Care" ("EOC") to discharge. To be eligible for one-to-one OHIP physiotherapy, each patient must meet enrollment criteria (e.g. aged 65 years and older, aged 19 years and younger, post-hospitalization, ODSP, OW, etc.).

To inquire about our current wait times, please call us **Toll-Free at 1-888-386-1421 or local at 905-850-7746**

Advanced "State of the Art" Spine Care

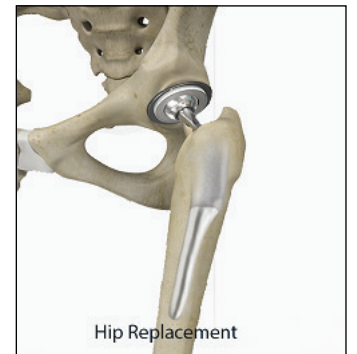
At SPINEgroup®, we strive for the highest possible standards in spine care. We are a unique clinic in Ontario that brings together a team of clinical experts trained in spine and spine related conditions targeted at diagnosing and managing chronic and complex spine pain disorders through coordinated programs of care. This means the treatment is aimed at getting you better, faster and at the lowest cost. Our chiropractor, physiotherapist, massage therapist and/or psychologist deliver the program of care and you are case managed by our staff registered nurse in conjunction with your family doctor and/or specialist(s).

We are highly recommended and referred by medical physicians across the greater Toronto area"

SPINEgroup® Vaughan Clinic is located at Unit 1, 7611 Pine Valley Drive, Woodbridge, Ontario, L4L 0A2 centrally located at the southeast corner of Highway 7 & Pine Valley Drive in the corner unit located next to TD BANK. Parking is free.

SPINEgroup®: Dedicated to Excellence for Spine Care

The Spine Care program has a high success rate for complex spinal injuries and



Hip Replacement



Knee Replacement

conditions including spinal stenosis, scoliosis, herniated and bulging discs, moderate to severe disc degeneration, with our evidence based, team modelled and self-management approach. In the case of scoliosis, management typically includes spinal manipulation and evidence based scoliosis specific rehabilitation. In most cases patients are able to receive reimbursement for the program cost through their extended benefit insurance plans.

The program length is **16 sessions over 8 weeks**, followed by a consult at one month and at three months post discharge. Patients thereafter will receive assessments (in person or through teleconference) every year to ensure continued compliance, motivation and clinical outcomes. Your medical physician will receive reports on your progress.

Scan with your smart phone to connect directly to our website.



→ For clinical program information please contact us at 905-850-7746 or email at: info@spinegroup.ca.

NEW!!
Massage Therapy
\$35 for 30 minutes
\$60 for 60 minutes
@ SPINEgroup

OHIP PHYSIOTHERAPY

@ SPINEgroup
 SENIORS (65+),
 CHILDREN (UNDER 19),
 POST HOSPITALIZATION,
 ODSP/OW
 Call: 905-850-7746
 Languages Spoken include Italian, Spanish, Hindi, Cantonese