



OUR CLINIC OFFERS A UNIQUE COMBINATION OF REHABILITATION TECHNIQUES:

- Comprehensive Athletic Therapy
- Quality Physiotherapy
- Expert Manual Therapy
- Osteopathic Techniques
- Registered Massage Therapy
- Acupuncture
- Therapeutic Modalities
- Super Pulsed Laser Therapy
- Custom Foot Orthotics
- Custom Bracing
- Individualized Exercise Programs
- Stretch and Strengthen Classes
- Selective Functional Movement Assessments

COMMON CONDITIONS THAT WE TREAT:

- Low Back Pain
- Rotator Cuff Injuries
- Patella-Femoral Syndrome
- Tennis or Golfer's Elbow
- Carpal Tunnel Syndrome
- Iliotibial Band Syndrome
- Neck Pain
- Frozen Shoulder
- Shin Splints
- Bursitis
- Headaches
- TMJ pain
- Osteoarthritic Conditions
- Post Concussion Symptoms
- Torticollis

CONTACT

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Hours:

Mon.-Thurs.: 7am - 7pm

Friday: 7am - 3:30pm

Saturday: 8am - 2pm

Website: www.qualitycaresi.ca



Quality care
sports injury & rehab inc.



PERSONALIZED CARE
and intense manual therapy
for effective results

www.qualitycaresi.ca

OUR TEAM of therapists

We have a team of professionals which includes Athletic Therapists, Physiotherapists, and Massage Therapists, all with varying backgrounds and skill sets. We also have a consulting Doctor of Biomechanics who can assess for orthotics and bracing. Based on your specific needs, we may choose to use a collaborative approach, bringing in other professionals within the clinic to ensure a better result.



HOW WE DIFFER

- 1 Customer Care and Service:** Our approach starts the minute you pick up the phone. The cornerstone of the business has always been to provide a friendly, caring and welcoming environment for our clients, as well as providing the best care possible utilizing the most up to date rehabilitation techniques.
- 2 One on One Care:** The initial assessment is 45 - 60 minutes long, allowing us to take a thorough history and complete a physical examination. This also allows us to review your medical history and assess for biomechanical dysfunctions in other parts of your body, that could potentially be contributing to your current symptoms. Subsequent treatments are 30 minutes long, one on one between you and your therapist.
- 3 Team Consultations:** We offer a unique service, whereby the client with a more challenging history has an opportunity to consult with their primary treating therapist as well a senior therapist on staff. This service is provided at no extra cost to the client, but ensures that all treatment options are being explored. This provides the best value to the client while also providing learning opportunities for the therapists who are brain storming to provide solutions to eliminate the clients 'pain.
- 4 Professional Upgrading:** Continued learning has always been an ongoing requirement for the therapists, individually and as a collective group. Through ongoing instruction in the clinical environment, as well as continuing education outside the clinic, we ensure utilization of the most up to date techniques.

FAQ's

What is the difference between Athletic Therapy and Physiotherapy?

In the context of the treatment provided at Quality Care Sports and Rehab Inc., there is no difference between the treatments you will receive from either profession. The basic difference between the professions of Athletic Therapy and Physiotherapy is reflected in the training and the scope of the practice.

The Athletic Therapist is trained entirely in the area of assessment and rehab of orthopaedic injuries and conditions that affect the muscles, bones, and joints of the body. The training is augmented with emergency care for on field work with teams, and exercise physiology to retrain athletes to pre-injury performance levels.

The physiotherapist has a wider scope of practice in their formal education which includes orthopaedics, cardio-respiratory rehab, burn patients, pediatrics, geriatrics, stroke rehab, and rehabilitation for neurological diseases. Typically, physiotherapists will take continuing education courses to expand on an area of interest once they graduate and focus their attention in that area for their career.

Athletic Therapy and Physiotherapy are two distinct professional designations. Clients should check with their extended health care providers to see what professional designations are covered.



**Your referrals are the foundation of our business...
Many Thanks!**