



PHYSIOTHERAPY AFTER TOTAL JOINT REPLACEMENT

You will need to go to physiotherapy after your joint replacement. You can book your physiotherapy appointment as soon as you know your date of surgery.

For Total **Knee** Replacement: Book to be seen **1 week** after surgery

For Total **Hip** Replacement: Book to be seen **3 weeks** after surgery

For Total **Shoulder** Replacement: Book to be seen **2 weeks** after surgery

Physiotherapy Clinics that are free of charge to you:

Out-Patient Facility	Address	Contact Information
Sudbury		
Health Sciences North Outpatient Physiotherapy	41 Ramsey Lake Road Sudbury	Phone: 705-523-7297 Fax: 705-523-7051
Finlandia Village	233 Fourth Avenue Sudbury	Phone: 249-377-5566 Fax: 705-805-3216
LifeMark Physiotherapy (Lasalle)	1122 Lasalle Blvd Suite 205 Sudbury	Phone: 705-560-8125 Fax: 705-560-8129
LifeMark Physiotherapy (Long Lake)	2009 Long Lake Rd Suite 202 Sudbury	Phone: 705-523-1656 Fax: 705-523-1585
LifeMark Physiotherapy (Val Caron)	2943 Hwy 69 N, Unit 110 Val Caron	Phone: 705-897-3422 Fax: 705-897-3883
Move Physiotherapy	93 Notre Dame Street West, Unit 3 Azilda	Phone: 705-698-1678 Fax: 705-585-5008
Blind River		
North Shore Health Network	525 Causley Street	Phone: 705-356-2265 Fax: 705-356-1220
Espanola		
Espanola Regional Hospital and Health Centre	825 McKinnon Drive	Phone: 705-869-1420 Fax: 705-869-3323
Hearst		
Notre-Dame Hospital	1405 Edward Street	Phone: 705-392-2914 Fax: 705-372-0092
Little Current		
Manitoulin Health Centre (Little Current)	11 Meredith Street East	Phone: 705-368-2300 ext.2418 Fax: 705-368-3567
Mindemoya		
Manitoulin Health Centre (Mindemoya)	2120B Hwy 551	Phone: 705-377-5311 ext.1221 Fax: 705-368-3567

Maamwesying North Shore Community Health Services – Rehabilitation Services		
Atikameksheng Anishnawbek – Health Centre	25 Reserve Road, Naughton	Phone: 705-987-3794 Fax: 705-844-2844
Sagamok Anishnawbek – Elders Eagle Lodge	821 Wasacom Drive, Massey	Phone: 705-987-3794 Fax: 705-844-2844
Serpent River First Nation – Kenabutch Health Centre	40 Ball Park Road, Cutler	Phone: 705-987-3794 Fax: 705-844-2844
Mississauga First Nation – Red Pine Lodge	28 Elders Road, Blind River	Phone: 705-987-3794 Fax: 705-844-2844
Thessalon First Nation – Health Centre	32 Sugarbush Road, Thessalon	Phone: 705-542-5875 Fax: 705-844-2844
Garden River First Nation – Wellness Centre	23 Shingwauk Street, Garden River	Phone: 705-542-5875 Fax: 705-844-2844
Batchewana First Nation – Batchewana Health Centre – Non Dway Gamig	210A Gran Street, Sault Ste. Marie	Phone: 705-542-5875 Fax: 705-844-2844
Indian Friendship Centre – Health Centre	376 Queen Street East, Sault Ste. Marie	Phone: 705-542-5875 Fax: 705-844-2844

Other clinics (May need to pay out of pocket or may be covered by benefits)

Search Yellow pages on the internet – www.yellowpages.ca, Search “physiotherapists”, your city or town.

Questions to ask before selecting a physiotherapist:

1. Does your clinic have a registered physiotherapist? Be sure to look the person up on the College of Physiotherapists of Ontario website, Public Register, before your first appointment. Go to www.collegept.org, Find a Physiotherapist / Public Register.
2. What should I expect on my first visit?
3. How long will my appointment be?
4. What should I wear?
5. Will it hurt?
6. How many appointments will I need to get better?
7. How much will it cost? And how will I need to pay?