



**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
<b>Sudbury</b>		
Health Sciences North Outpatient Physiotherapy	41 Ramsey Lake Road Sudbury	Phone: 705-523-7297 Fax: 705-523-7051
Absolute Health Rehabilitation	1984 Lasalle Boulevard Sudbury	Phone: 705-222-7721 Fax: 705-222-3811
Finlandia Village	233 Fourth Avenue Sudbury	Phone: 249-377-5566 Fax: 705-524-5723
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
<b>Blind River</b>		
North Shore Health Network	525 Causley Street	Phone: 705-356-2265 Fax: 705-356-1220
<b>Espanola</b>		
Espanola Regional Hospital and Health Centre	825 McKinnon Drive	Phone: 705-869-1420 Fax: 705-869-3323
<b>Hearst</b>		
Notre-Dame Hospital	1405 Edward Street	Phone: 705-392-2914 Fax: 705-372-0092
<b>Little Current</b>		
Manitoulin Health Centre (Little Current)	11 Meredith Street East	Phone: 705-368-2300 ext.2418 Fax: 705-368-3567
<b>Mindemoya</b>		
Manitoulin Health Centre (Mindemoya)	2120B Hwy 551	Phone: 705-377-5311 ext.1221 Fax: 705-377-5799
<b>Noëlville</b>		
Centre de Santé Univi Health Center	44 St-Christophe Street Unit 2	Phone: 705-898-1380 Fax: 705-898-3106

<b>Maamwesying North Shore Community Health Services – Rehabilitation Services</b>		
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](http://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](http://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?