

WORK-FIT TOTAL THERAPY CENTRE is a full service rehabilitation clinic located at both Oakville Trafalgar Memorial Hospital and the Milton District Hospital, providing exceptional rehab treatments for over 20 years.



2000 sq. ft.
GYM



Services

- Physiotherapy
- Conservative Chiropractic Care
- Acupuncture
- Active Release Technique (ART)
- Registered Massage Therapy
- Sports Therapy
- Occupational Hand Therapy
- Customized Senior Programs
- Postural Correction & Gait/Balance Training
- Nordix Pole Walking

NEW!



Initial Assessment Includes Treatment

Our Registered Physiotherapists and/or Chiropractors will conduct an in-depth assessment and provide you with a treatment plan customized to your individual needs.



www.WorkfitPhysiotherapy.ca

Rehabilitation Programs

- **Physio-Kids** - Torticollis, Clubfoot, Developmental Milestones
- Repetitive Strain Injuries
- Fractures
- Hand Therapy
- Total Hip/Knee Replacement
- Neurological Impairments - All Ages
- Pre/Post Operative Physiotherapy/Chiropractic Care
- Motor Vehicle Accident Injuries (MVA)



Specialty Programs

- Hip & Knee Saver Program
- Pre/Post Natal Physiotherapy
- Core Stability & Pfilates
- Vestibular Rehabilitation (Vertigo)
- Complex Neck & Back Injuries
- Treatment of Blocked Ducts for Breast Feeding Moms



Work-Fit Injury Solutions

- Treatment of Work Related Injuries
- Return to Work Programs
- Physical Demands Analysis, (PDA's)
- Functional Abilities Evaluations, (FAE's)
- Educational Ergonomic Training
- Work-Site Assessments incl. Job Shadowing



Testimonials from...

- Fortune 500 Corporations • Mining Companies
- Health Care • Regional Municipalities show that we are improving the lives of their employees through injury management.



Halton Healthcare

**SENIORS
DISCOUNT
(60+)**



Acupuncture

Safe & effective natural therapy eliminating pain & restoring normal function.

Shock-Wave Therapy



NEW!

Conditions Treated

- Scar Tissue • Bursitis
- Stress Fractures
- Non Healing Fractures
- Hamstring Tears

Benefits

- No side effects
- Accelerates healing
- Affordable



- 91% improved for Calcific Tendinitis
- 77% improvement for Tennis Elbow
- 90% improvement for Plantar Fasciitis

May be covered by your extended health insurance company

Therapeutic Modalities

- Hands on joint manipulation & soft tissue release
- Ultrasound
- TENS
- Shock Wave Therapy
- Interferential Current
- Hot/Cold Therapy
- Muscle Stimulation
- Paraffin Wax
- Exercise Therapy



Get Better STAY BETTER



Registered Massage Therapy.

Coverage

- Extended health insurance plans
- Motor Vehicle Accident - direct billing
- Workplace Safety & Insurance Board – (WSIB) direct billing
- Personal payment receipts provided for income tax purposes



Registered with Veteran's Affairs.
Direct billing for Veterans.

WORK-FIT ADVANTAGE

- Being hospital based, our highly trained professionals are experienced in treating complex conditions to Help you Get Better and Stay Better.
- Seniors discount (60+)
- Accepting new clients of all ages.
- Most extended health plans cover physiotherapy, massage therapy and chiropractic care.
- We do not require a referral however, some insurance companies may.

No Wait
List

NO REFERRAL
NECESSARY

Hours of Operation

Early morning and
evening appointments



Halton Healthcare

CALL
NOW!

Oakville Trafalgar Memorial Hospital

Work-Fit Total Therapy Centre
327 Reynolds Street, Oakville, ON L6J 3L7

T. 905.845.9540

F. 905.815.5109



Milton District Hospital

Work-Fit Total Therapy Centre
7030 Derry Road, Milton, ON L9T 7H6

T. 905.878.2383 ext. 7275

F. 905-876.7005



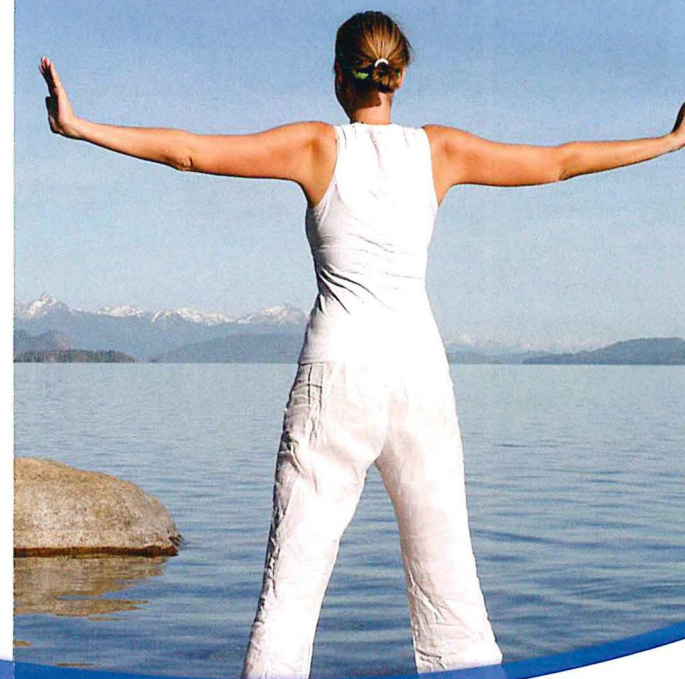
All net proceeds support hospital programs

www.WorkfitPhysiotherapy.ca
wfp@haltonhealthcare.on.ca

WORK-FIT

TOTAL THERAPY CENTRE

Physiotherapy



Halton Healthcare

www.WorkfitPhysiotherapy.ca

Hospital Owned & Operated