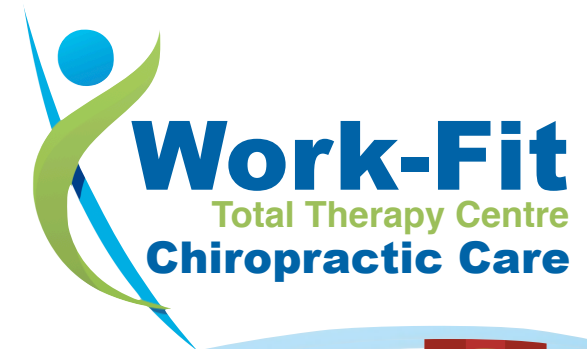


## What is The Cost?

- Assessment Cost - \$100\*
- May be covered by your Extended Health Insurance plan.
- A detailed history and physical examination will be completed.
- Appropriate next steps will be outlined for the management of your condition.
- \*Program is not covered by OHIP.

## Payment Options

- May be Covered by Most Extended Health Care Plans
  - Self Pay
- Accepting New Clients of All Ages
  - Motor Vehicle Accident
  - Veterans Direct Billing
- Workplace Safety & Insurance Board (WSIB)



## What is The Low Back Pain Program?

Developed for better management of lower back pain cases within the Region of Halton.

Patients experiencing LBP can be seen on an accelerated basis by our Spinal Advanced Practice Clinician (APC).

You will be evaluated to determine the appropriate next steps in the management of your condition.



### 2 Locations To Serve You!

#### Oakville Hospital

3001 Hospital Gate, Oakville, ON L6M 0L8  
T: 905.845.9540 F: 905.815.5109

#### Georgetown Hospital

1 Princess Anne Drive, Georgetown, ON L7G 2B8  
T: 905.873.4598 F: 905.873.4567



## Why Do I have Back Pain?

MLBP is considered to be a natural process of life. The activities in which we participate at work, at play and in our day-to-day lives can cumulatively take a toll on our backs.

These daily activities when performed with improper technique or poor body mechanics can do a number on our spines. In addition, things like smoking, obesity, and a sedentary lifestyle can predispose us to developing MLBP.

### Contact Us

find us on **facebook**



A hospital program.  
All net proceeds support hospital programs.



A hospital program. All net proceeds support hospital programs.

**WorkfitPhysiotherapy.ca**



## Common Conditions:

- Back associated leg pain with numbness, tingling and/or weakness without back pain
- Pain radiating to the hip, buttock, thigh, knee and or foot
- Inability to move freely without aggravation of pain
- Difficulty with tasks that require bending, lifting and/ or twisting
- Difficulty sleeping
- Morning stiffness
- Neck & Back Pain
- Hip & Knee Pain
- Migraines Solutions
- Motor Vehicle Accidents

## Lower Back Management?

It has been determined that you have mechanical low back pain (MLBP). MLBP affects approximately 85% of the population. Although it might not feel this way at the moment, the good news is that this type of pain is not life threatening, it is not dangerous, and often times, can be managed with a little help and guidance from the appropriate health professional.



## How Will The Assessment Help Me?

- You will be assessed and educated on the type of back pain that you have by our Advanced Practice Clinician (APC).
- You will be taught to better manage your pain through the implementation of a self-management program.
- Findings from your assessment will be communicated to your family physician. We will make recommendations as to the appropriate management options for your care, including recommendation for advanced testing and/ or referral to a specialist. You should note that 80% of the time, this is not necessary and that mLBP and associated leg symptoms can generally be managed conservatively with education & self management.