



Physician Referral Form



Patient: _____

Date: _____

Prescribed Custom Foot Orthotics:

Chief Complaint/ Diagnosis:

- | | |
|--|--|
| <input type="checkbox"/> Hyper-Pronation | <input type="checkbox"/> Knee Pain |
| <input type="checkbox"/> Pes Planus | <input type="checkbox"/> Lower Back Pain |
| <input type="checkbox"/> Plantar Fasciitis | <input type="checkbox"/> Metatarsalgia |
| <input type="checkbox"/> Hallux Valgus/Bunions | <input type="checkbox"/> Other: _____ |

Gradient Compression Stockings:

Chief Complaint/ Diagnosis:

- | | |
|---|---|
| <input type="checkbox"/> Swelling/Edema | <input type="checkbox"/> Chronic Venous Insufficiency |
| <input type="checkbox"/> Varicose Veins | <input type="checkbox"/> Other: _____ |

- | |
|--|
| <input type="checkbox"/> Mild Support 15-20 mmHg |
| <input type="checkbox"/> Moderate Support 20-30 mmHg |
| <input type="checkbox"/> Firm Support 30-40 mmHg |

Notes:

Physician Signature: _____

Physician Clinic Information:



Locations:

Bank and Heron Wellness Centre

1596 Bank Street | 613.521.9800

Barrhaven Wellness Centre

3777 Strandherd Drive | 613.825.7464

Coliseum (Carling Avenue)

3098 Carling Avenue, Unit 6 | 613.721.6804

Kanata Wellness Centre

6501 Campeau Drive | 613.592.2222

Perley Rideau Veteran's Health Centre & Wellness Centre

1750 Russell Road, Suite 2500 | 613.731.7917

Westgate Wellness Centre

1309 Carling Avenue, Suite 12 | 613.715.9000



FOOT CARE

HELPING YOUR BODY TO STAY IN BALANCE WITH ORTHOTICS



The Foundation Of Your Body Rests On Your **FEET!**

Conditions Orthotics Can Help:

- **Achilles Tendonitis:** Pain behind the heel, ankle and lower calf
- **Bunions:** Pain and inflammation in the big toe
- **Calluses:** Hard, dry inflamed areas of skin
- **Chondromalacia Patella:** Knee pain during movement (Runner's knee)
- **Hammer Toes:** Muscle imbalances creating stress on toe joints
- **Illiotalibial Band Syndrome:** Pain on outside of knee
- **Low Back Pain:** Pain in lower back region
- **Neuroma:** Pain and numbness in ball of foot
- **Plantar Fasciitis:** Heel and arch pain
- **Shin Splints:** Inflammation of muscles in front of lower leg
- **Arthritis:** Joint pain and inflammation

Custom Made Orthotics

What are **Custom Orthotics?**

Custom orthotics are biomechanical appliances that are inserted in your shoes to stabilize your foot imbalance or condition. Custom orthotics from Family Physiotherapy Centre, can be made to fit in a wide variety of shoes.

How do they **Help?**

Properly made orthotics are custom molded to the support requirements of your feet. They gently help to support and maintain the normal balance and alignment of your body . Your custom orthotic can be modified to address specific needs that you may have.

What are some signs that I may need an orthotic?

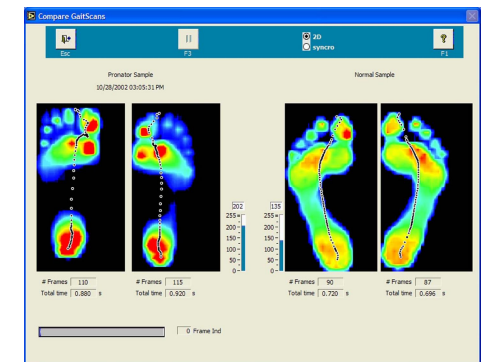
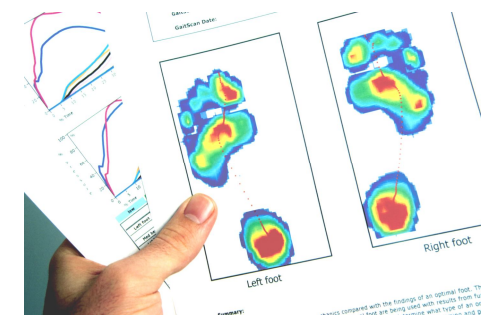
Some common signs of poor foot biomechanics can include:

- Localized foot pain
- Arch/Heel Pain
- Knee/Leg Pain
- Bunions, Hammer Toes
- Hip, Back pain
- General foot fatigue

What is **Involved?**

Once you and your Doctor have determined that Orthotic Therapy is needed to aid in your biomechanics, we encourage you to call any of our Wellness Centres to book a one hour Foot Biomechanical Evaluation.

Our **Gait Scan System** is a revolutionary diagnostic tool for assessing your biomechanics. Gait Scan has an industry high 4096 sensors and scans at an industry high 300Hz (scans per second). These measurements provide us with sophisticated information about your foot mechanics and assists us with orthotic and/or shoe solutions for you.



For more information, please visit our website

www.familyphysio.com