

Physiotherapy is an established, respected and evidence-based profession, which uses scientifically proven techniques to help many conditions.

Physiotherapists treat many conditions including:

- TMJ syndrome
- Sports injuries
- Back & neck pain
- Spinal cord injury
- Stress incontinence
- Work-related injuries
- Spinal and joint arthritis
- Cancer and palliative care
- Pregnancy related back pain
- Cerebral palsy and spina bifida
- Post accident treatment & rehabilitation
- Brain injuries (strokes, traumatic brain injury)
- Cardiac & Respiratory conditions such as asthma, emphysema, obstructive airway diseases (COPD)

#### Is an MD referral needed for treatment?

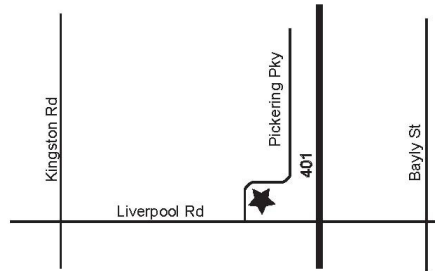
No referral is necessary to participate in physiotherapy treatment. However, patients are advised to check the details of their extended health benefits as some plans may require a physician's referral in order to get treatment costs reimbursed.

If you have extended health benefits, have been injured as a result of an automobile accident, or have a claim under WSIB, then you will likely have all of your treatment paid for. If you are using extended health benefits, check the details of your coverage in your Extended Health Manual, or speak with your Human Resources department.

Physiotherapy is covered by most health insurance plans. Please check with your provider.

## Santé Clinic Hours

Monday	10:00 AM—7:30 PM
Tuesday	8:00 AM—9:00 PM
Wednesday	9:30 AM—4:30 PM
Thursday	9:00 AM—9:00 PM
Friday	8:00 AM—2:30 PM
Saturday	8:00 AM—4:30 PM
Sunday	9:30 AM—2:00 PM



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# Physiotherapy & Orthopaedic Rehabilitation

Zak Bayat  
P.T.

Physiotherapist



 **EXCEPTIONAL HEALTHCARE**

# Physiotherapist

Zak Bayat P.T.

Zak Bayat currently maintains a family practice at **Santé Group HealthCare** and is now accepting new physiotherapy patients.

Zak has extensive experience in orthopaedic rehabilitation and sports medicine, treating patients who have sustained sports injuries, and whiplash associated disorders from motor vehicle accidents.

Additionally, Zak treats patients with Temporomandibular joint disorder, or **TMJ syndrome**. He combines physical therapy for the masticatory musculature with a unique understanding of human neurology to reduce chronic tension in the jaw, face, neck, and upper back, alleviating bad posture of the head & neck, reversing long-standing movement habits responsible for the original TMJ symptoms.

Zak's area of specialization is in the treatment of patients with spinal cord injury and in post-stroke rehabilitation.

Zak Bayat attended Queen's University in Kingston, Ontario where he earned his Bachelor of Science degree in Physical Therapy.

Subsequently, Zak studied towards his Masters Degree in Rehabilitation Science at McGill University in Montreal.

Zak Bayat is a licensed Physical Therapist, and holds his Independent Practice Certificate with the College of Physiotherapists of Ontario (CPO).

He is a professional member of the Ontario Physiotherapy Association (OPA) and belongs to the Canadian Physiotherapy Association (CPA).

If you would like a private consultation, please contact **Santé Group HealthCare** @ **905.250.1322** to book your appointment.

## What is Physiotherapy?

Physiotherapy is the primary health care profession that promotes wellness, mobility, and independent function. Physiotherapy is dedicated to enhancing and restoring mobility. With enhanced mobility and freedom to move, one feels better and gains more enjoyment from life. Physiotherapists have advanced understanding of how the body moves, what keeps it from moving well, and how to restore mobility.

Physiotherapists have the education, applied knowledge and treatment techniques to help:

- improve and maintain physical mobility and independence
- manage and reduce pain, physical limitations or disabilities that may limit activities
- improve overall fitness, health and well-being

Physiotherapy is the treatment of preference for many who suffer from back or neck pain or joint pain such as hips, knees, ankles, wrists, elbows or shoulders.

Physiotherapy has proven to be effective in the treatment and management of:

- arthritis
- diabetes
- spinal cord injury
- range of respiratory conditions
- stroke and traumatic brain injury

offering those afflicted, with techniques to acquire and maintain an optimum level of function and pain free living.

## Physiotherapy @ Santé

At your initial visit, your physiotherapist will conduct an initial assessment, history and a physical evaluation. This will be followed by your first treatment so you can immediately benefit from your first experience @ Santé Group.

Treatment itself can vary depending on the type of injury with which you are presenting. This may involve education on your injury and how to optimize recovery, manual therapy (hands on treatment), physical modalities (ultrasound treatment, electrical muscle stimulation), and an exercise program.

### Duration & Frequency of appointments —

New physiotherapy patients have 1-hour assessments and follow up treatments are 30-minutes. All appointment times are one-on-one with your physiotherapist.

The number of sessions you'll need depends on your condition. The initial visit gives your physiotherapist the information they need to assess your treatment course. Your therapist will discuss this with you after your initial assessment.

### What to bring with you —

We ask our patients to wear clothing appropriate to the type and area of injury. Shorts and a t-shirt or tank top are usually sufficient. Gowns and shorts are available.

Please bring any test reports or other medical documentation you feel may be helpful in your treatment planning.

If your condition is related to a work injury or an auto accident, we require your case manager's name and contact information, your claim number, and extended health benefits information.