



Dear

Your family doctor has referred you to the Regional Joint Assessment Program. This program helps people with bone and joint health conditions.

Your appointment is for:

(Date)

(Time)

Plan to spend about 2 hours for the visit.

During this visit you will complete some questionnaires about your health.

You will also do some tests to see:

- how well you can move your knee or hip
- how strong your muscles are on the side of the injured joint
- how well you are walking and climbing stairs

The health care team will discuss treatment options with you. These may include physiotherapy, medication, surgery, lifestyle change or a combination. The health care team will then arrange the best treatment to meet your needs.

Please bring:

- your OHIP health card
- a list of your current medications from your pharmacy
- a list of all herbal, over the counter medications and vitamins you take
- a friend or family member, if you can

Wear comfortable shoes and clothing.

For questions or to change your appointment, call: _____

Thank you,

Regional Joint Assessment Program Staff



NIAGARA HEALTH SYSTEM
SYSTÈME DE SANTÉ DE NIAGARA



Hamilton Health Sciences



St. Joseph's
Healthcare & Hamilton



This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

www.replacemyjoint.ca