

A FEE-FOR-SERVICE CLINIC

STEP AHEAD

Specializing in Orthopaedic Recovery



YONGE ST.	STEELES AVE. E. St. John's Rehab Hospital 285 Cummer Avenue	BAYVIEW AVE.
	CUMMER AVE.	
	FINCH AVE. E.	
	SHEPPARD AVE. E.	N
HWY. 401		

STEP AHEAD REHAB CLINIC

For an appointment call: 416-224-3179

Hours: Monday to Friday 8 a.m. – 7 p.m.

Welcome desk at Beatty Wing (West entrance)



A community
affiliated teaching
site of the
University of
Toronto



285 Cummer Avenue
Toronto, ON
(Yonge St. & Finch Ave. area)
416-224-3179
www.stjohnsrehab.com



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A NATIONAL LEADER IN SPECIALIZED REHABILITATION CARE

St. John's Rehab is the only hospital in Ontario solely dedicated to specialized rehabilitation. The **Step Ahead Rehab Clinic** is an outpatient service specializing in the assessment and treatment of orthopaedic conditions and injuries.

It is a multidisciplinary, fee-for-service program that focuses on all aspects of an individual's rehabilitation to maximize quality of life and help them return to usual activities.

Clients benefit by receiving care from a team of professionals with advanced knowledge and training in innovative and complex rehabilitation practices.

WHAT SERVICES DOES THE CLINIC OFFER?

- Thermal / electrical modalities: ultrasound, laser, transcutaneous electrical nerve stimulation, interferential current, shortwave diathermy, whirlpool
- Hydrotherapy (pool therapy)
- Cardiovascular training equipment
- Resistive strengthening equipment
- Balance and proprioceptive training equipment
- Core stability equipment

Costs vary depending on the client's needs and treatment and services may be covered by:

- Extended health insurance
- Auto insurance
- The Workplace Safety and Insurance Board

WHAT DOES THE CLINIC TREAT?

Our dedicated physiotherapists and occupational therapists specialize in treating the following:

- Motor vehicle collision injuries
- Work-related injuries and illnesses
- Muscle, bone and joint injuries, as well as conditions such as whiplash, lower back pain, repetitive strain and sport-related injuries

STEP AHEAD REHAB CLINIC SERVICES

As national leaders in specialized rehabilitation care, clinicians in the **Step Ahead Rehab Clinic** have the expertise to treat both short- and long-term health and disability concerns. As a program within one of Canada's leading rehabilitation hospitals, we offer a wide range of services on site.

SERVICES MAY BE COVERED BY YOUR INSURER

The **Step Ahead Rehab Clinic** is a fee-for-service, open program that is not publicly funded. Clients can refer directly, in person, or through a physician or other health care provider. Depending on their clinical needs, wellness services may be recommended and are available on site.

Please check with your insurance provider for coverage details. Direct payment options include cash, cheque or credit card.

Call us at **416-224-3179** for full details.