

Supporting Your Patients with Evidence-Based, Multidisciplinary Care

Why Refer to Cornerstone's Long COVID Program?

Long COVID presents a wide range of persistent symptoms, including fatigue, brain fog, breathlessness, and pain. Our specialized rehabilitation program provides patients with the support and strategies needed to manage their symptoms effectively.

Our Approach:

- **Research-Driven Care** – Our program is based on the latest Long COVID research and clinical best practices.
- **Multidisciplinary Team** – Physiotherapists, dietitians, occupational therapists, and psychotherapists work together to provide comprehensive care.
- **Wearable Technology Integration** – Patients benefit from real-time symptom tracking using Apple Watch and HRV monitoring for data-driven rehabilitation.
- **Easy Referral Process** – Download, complete, and submit the referral form, and we'll take care of the rest.

Our Approach:

1. **Complete the Referral Form in this package** – Provide necessary patient details.
2. **Send the Referral** – Submit via email, and we'll contact the patient to schedule their initial assessment.

Program Benefits for Patients:

- Individualized treatment plans tailored to symptom patterns.
- Pacing strategies to prevent post-exertional malaise (PEM).
- Breathing exercises and autonomic nervous system regulation.
- Nutritional support to reduce inflammation and optimize recovery.
- Emotional and psychological support for holistic care.

Contact Us

Ensure your patients receive specialized support for their Long COVID symptoms. Contact us today to learn more.

(416) 238-6749
info@cornerstonephysio.com
www.cornerstonephysio.com



Cornerstone
PHYSIOTHERAPY

REFERRAL

Patient Name: _____ Date: _____

- | | |
|--|--|
| <input type="checkbox"/> Physiotherapy | <input type="checkbox"/> Pelvic Health Physiotherapy |
| <input type="checkbox"/> Vestibular Rehabilitation | <input type="checkbox"/> Custom Knee Bracing |
| <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Foot Orthotics |
| <input type="checkbox"/> Acupuncture/Dry-Needling | <input type="checkbox"/> Shockwave Therapy |
| <input type="checkbox"/> Metabolic Rehabilitation | <input type="checkbox"/> Long COVID Rehabilitation |

Reason For Referral:

Physician: _____ Signature: _____

Phone: (416) 238-6749

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**Scan the QR code for
details on all of our
locations**

