

ORTHOPEDIC ASSESSMENT CLINIC LOCATIONS

Cambridge

Cambridge Memorial Hospital
700 Coronation Boulevard

Guelph

Wellington Ortho & Rehab
86 Dawson Road, Unit 3

Kitchener

MSK Centre
115-675 Queen Street South

Mount Forest

Claire Stewart Medical Clinic
525 Dublin Street

Palmerston

Minto Rural Health Centre,
450 Whites Road, Suite 100

Waterloo Wellington Local Health Integration Network

Local: 519-748-2222
Toll-Free: 1-888-883-3313
TTY: 519-883-5589
Website: www.wwlhins.on.ca
Email: waterloowellington@lhins.on.ca



OUR MISSION IS:

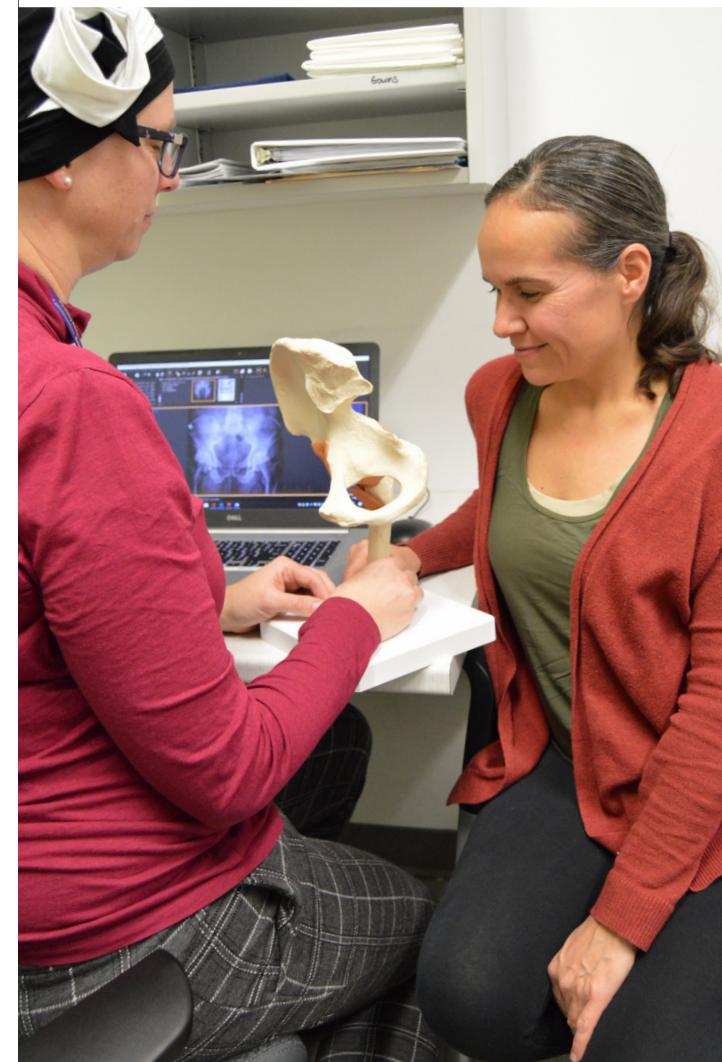
To make it easy for you to be healthy and to
get the care and support you need.

OUR VISION IS:

Healthy People. Thriving Communities.
Bright Futures.

OUR CORE VALUE IS:

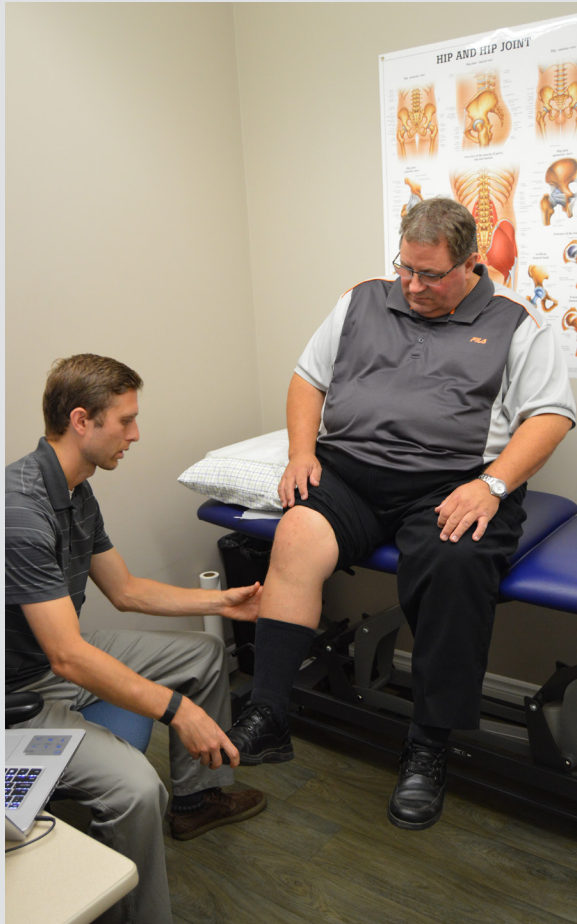
Acting in the best interest of our residents'
health and wellbeing.



WATERLOO-WELLINGTON REGIONAL ORTHOPEDIC ASSESSMENT CLINIC (OAC)

PREPARING FOR YOUR APPOINTMENT

- Please arrive 15 minutes before your appointment so you are ready for your assessment.
- Bring X-rays and any other documentation from your family doctor to your appointment.
- **Bring a list of your current medications.**
- Wear loose comfortable clothing. Wearing shorts is recommended if your appointment is for your knee.



YOUR ASSESSMENT VISIT

You have been referred to the Waterloo-Wellington Regional Orthopedic Assessment Clinic (OAC). The OAC is a specialized clinic that assesses hip and knee osteoarthritis.

Your appointment will be coordinated by Orthopedic Central Intake. You can expect an appointment within the next 2-6 weeks.

Your appointment will be with an Advanced Practice Clinician. Your appointment will take approximately 45 minutes.

The Advanced Practice Clinician will review your medical history and assess your hip or knee.

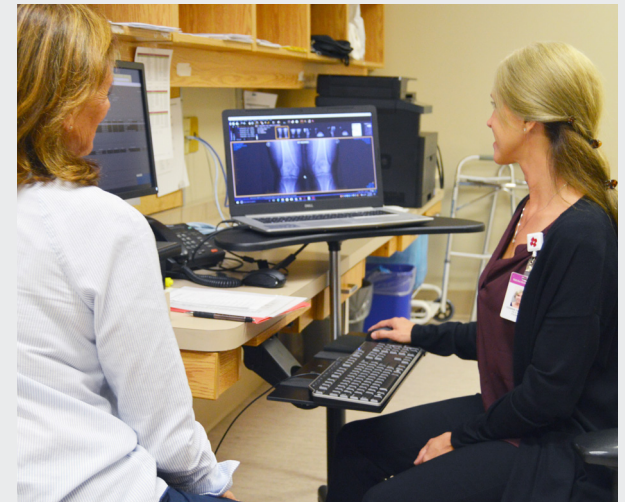
At your appointment, the Advanced Practice Clinician will determine the best approach for improving your mobility and managing pain.



YOUR ORTHOPEDIC CARE OPTIONS

Following your assessment, the Advanced Practice Clinician will recommend continued conservative management of your hip or knee osteoarthritis or a surgical option.

These recommendations may include a plan for increasing your physical activity, managing your symptoms, weight management, and general strengthening for your hip or knee. You will be provided with information on resources that are available to support you.



If you are being referred for a surgical consultation, a referral will be faxed to the surgeon who will call you with an appointment time. We will let you know which surgeons have the shortest waiting times for consultation and surgery. You will have a choice of the surgeon you would like to see, as well as the hospital where you would like to have surgery.