

ELECTIVE HIP & KNEE REPLACEMENT POST-OPERATIVE PHYSIOTHERAPY SERVICES

Eligible Manitoba patients recovering from elective hip and knee replacement surgery can now access physiotherapy and rehabilitation services from any Manitoba physiotherapy clinic they choose, even if they do not have full private insurance benefits.

These services are available at most private physiotherapy clinics in Manitoba for patients who undergo an elective hip or knee replacement surgery on or after **January 1, 2023**. Patients in rural and northern Manitoba may access outpatient physiotherapy at their local hospital, or they may choose to attend a private clinic in or outside their community.

1. I recently had/am having elective hip or knee replacement surgery. Am I eligible for physiotherapy services?

Surgeries eligible for these post-operative physiotherapy services include total hip replacements and revisions, total knee replacements and revisions, **and unicompartmental knee replacements.**

Your individual discharge plan will indicate the recommended post-op physiotherapy.

Manitobans who have undergone eligible hip or knee replacement surgery since January 1 2023 and who **do not have full private insurance coverage** for physiotherapy services are eligible for outpatient physiotherapy services from any participating Manitoba physiotherapy clinic, up to a maximum of six (6) individual sessions or ten (10) group sessions.

2. I have private insurance, am I included/eligible?

No, you would access physiotherapy services through your current insurance provider, as this service is specifically intended to support individuals who do not have private insurance.

However, if you have private insurance but exhaust your eligible physiotherapy benefits AND you require additional physiotherapy services following your elective total knee or total hip replacement, you may be eligible for this program.

If your private insurance covers a portion of your physiotherapy visits, you may be eligible for coverage of the remaining portion up to a maximum of six (6) individual visits or ten (10) group sessions at one of the contracted clinics.

Please contact a clinic of your choice directly for more information.

3. Which clinics are providing these services?

Most privately-owned physiotherapy clinics provide post-operative physiotherapy services. You may contact a clinic of your choice. Please confirm that the clinic is participating in the post-op physiotherapy funding program.

Directories of private physiotherapy clinics in Manitoba can be found online:

1. [Manitoba Physiotherapy Association 'Find a Physio' website](https://mbphysio.org/find-a-physio)
(<https://mbphysio.org/find-a-physio>)
2. [College of Physiotherapists of Manitoba 'Find a Clinic' website](https://manitobaphysio.com/for-the-public/find-a-clinic/)
(<https://manitobaphysio.com/for-the-public/find-a-clinic/>)

Hospitals in rural and northern Manitoba may also have outpatient physiotherapy departments that provide post-op physiotherapy services. Connect with your local hospital for more information (contact information on the last page of this document).

4. How do I access these services?

Please contact a clinic directly to schedule your initial appointment. You will be asked to complete a waiver form to indicate if you have any third-party insurance coverage and how you will be utilizing this program funding.

5. Do I need a referral from my doctor?

No. You will be provided with recommended physiotherapy instructions at the point of discharge. You may request a physiotherapy referral to assist with private insurance claims.

6. How much physiotherapy will I receive?

Under this contractual arrangement, you may be eligible for a maximum of **six (6)** individual sessions OR **ten (10)** group sessions, or up to a maximum cost of \$540 for individual treatments or \$490 for group classes – whichever comes first. The maximum number includes the initial assessment visit.

7. I live outside Winnipeg. Is there a participating clinic in my community?

Very likely, yes, as clinics throughout the province are offering these post-op physiotherapy services. Review the online directories of clinics to find one near you. If you do not have a clinic close to your home, you are welcome to call your local hospital to inquire about services that may be more accessible for you. If you live outside of Winnipeg and plan to access services through a hospital, see the list of hospitals that provide these services on the last page of this document. Please contact the hospital to arrange your first appointment.

Hospitals in Rural & Northern Manitoba Providing Outpatient Physiotherapy Services:

Interlake Eastern Regional Health Authority Rehabilitation Services:

- Arborg & Districts Health Centre: 204-376-5247
- Ashern-Lakeshore General Hospital: 204-768-2461
- Beausejour Health Centre: 204-268-1076
- Eriksdale – E.M. Crowe Memorial Hospital: 204-739-2611
- Gimli Community Health Centre (Johnson Memorial Hospital): 204-642-5116
- Pine Falls Health Complex: 204-367-4441
- Selkirk Regional Health Centre: 204-482-5800
- Stonewall & District Health Centre: 204-467-5514

Northern Regional Health Authority Rehabilitation Services:

- Flin Flon General Hospital: 204-687-9330
- The Pas (St. Anthony's) General Hospital: 204-623-9223
- Thompson General Hospital: 204-677-3280

Prairie Mountain Health Rehabilitation Services:

- Brandon Regional Health Centre: 204-578-4500
- Dauphin Regional Health Centre: 204-638-2164
- Glenboro Health Centre: 204-827-5316
- Killarney Health Centre: 204-523-3218
- Minnedosa Regional Health Centre: 204-867-8729
- Neepawa Health Centre: 204-476-7823
- Rivers, Riverdale Health Centre: 204-328-6203
- Russell Health Centre: 204-773-7557
- Souris Health Centre: 204-483-6352
- Swan Valley Health Centre: 204-734-6636
- Virden Health Centre: 204-748-4324

Southern Health-Sante Sud Rehabilitation Services:

- Bethesda Regional Health Centre: 204-326-5361
- Boundary Trails Health Centre: 204-331-8828
- Portage District General Hospital: 204-239-2253