

Referral for a plagiocephaly helmets:

During your appointment, your physical therapist will evaluate whether a helmet is recommended for your child. This condition can usually be managed conservatively with positioning and exercises. However, in some cases, a helmet may be advised.

For further information on plagiocephaly, exercises and treatments please refer to the booklet provided by your therapist. If you have any questions, do not hesitate to contact the physiotherapy department.

Depending on your insurance plan (private or public), here are the steps to acquiring a helmet:

1) Private Insurance

The physical therapist will assess your child's condition, provide recommendations and may recommend a helmet.

* The physical therapist does not prescribe the helmet.

Contact your pediatrician in order to get a signed prescription for a plagiocephaly helmet.

Contact a certified orthotist in order to get a consult and fitting for the helmet.

For example: Action Ortho Santé or Medicus



2) Non-Private Insurance

Option A (Montreal Children's Hospital Neurosurgery)

The physical therapist will assess your child's condition, provide recommendations and may recommend a helmet.

* The physical therapist does not prescribe the helmet.

Contact your pediatrician for a consult to the Montreal Children's Hospital Neurosurgery department to determine if a helmet is indicated.

(Fax: 514 - 412 - 4368; Tel: 514 - 412 - 4400 ext. 25224)

Meet with the neurosurgeon for an assessment. The doctor will provide you with their opinion and referral for a helmet fitting at St-Justine if necessary.

Option B (Sainte-Justine Hospital Physiatry)

The physical therapist will assess your child's condition, provide recommendations and may recommend a helmet.

* The physical therapist does not prescribe the helmet.

Contact your pediatrician in order to get a referral to Physiatry at Sainte-Justine Hospital. You can fax the referral at 514 - 345 - 4746.

At this appointment the doctor will provide you with their opinion and arrange for a helmet fitting at Sainte-Justine if necessary.