



PHYSIOTHERAPY

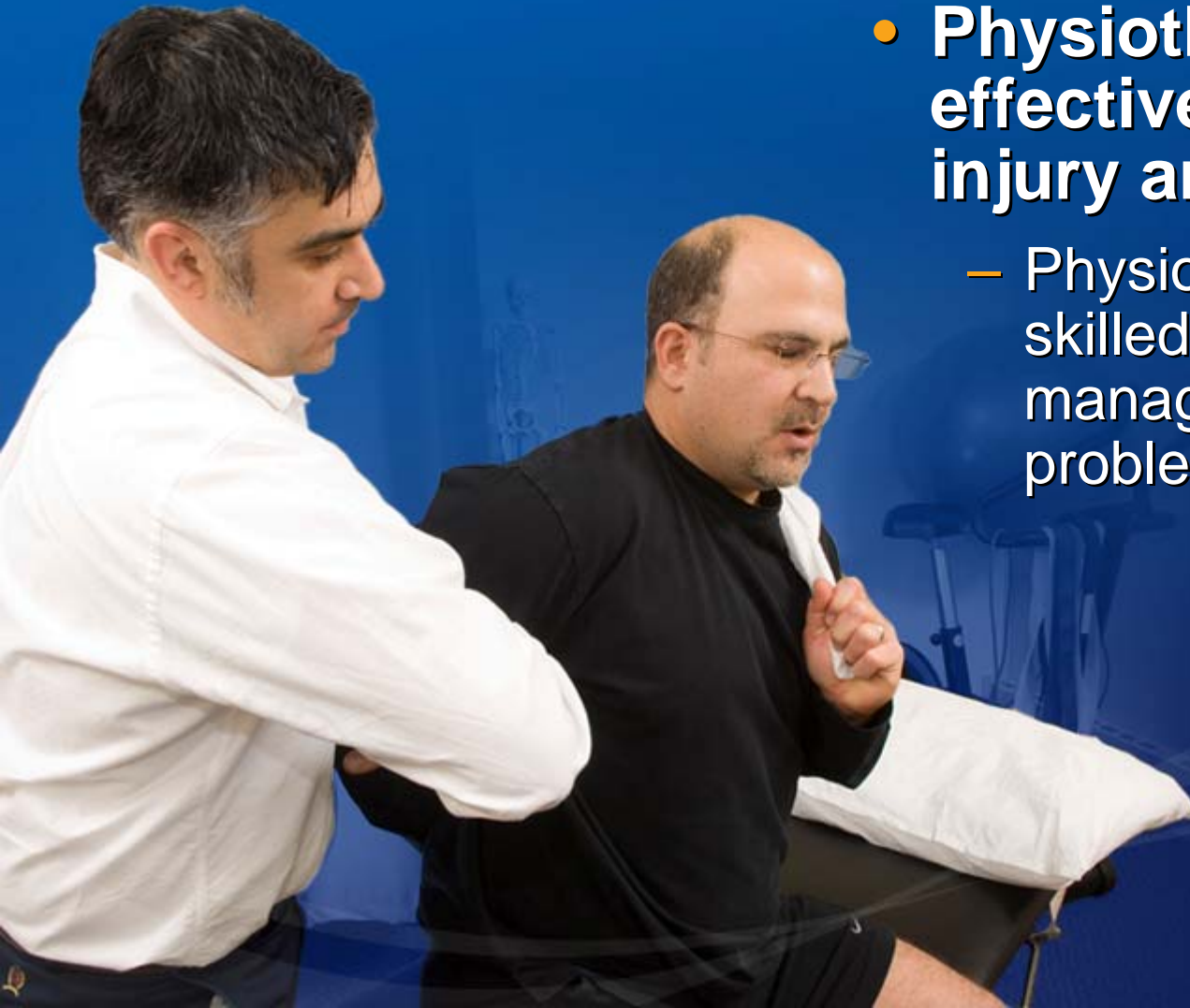
It'll move you!



Canadian
Physiotherapy
Association

What is Physiotherapy?

- **Physiotherapy is effective treatment for injury and illness**
 - Physiotherapists are skilled in the hands-on management of medical problems



What is Physiotherapy?

- **Science and evidence based care**
 - Clinically and scientifically proven techniques to help heal conditions affecting your body



Who are physiotherapists?

- **Go-to health professionals**
 - Accessible, first-line health professionals
 - Skilled in health promotion, injury prevention and patient management



Who are physiotherapists?

- **University-trained in the health sciences**
 - Intensive study of anatomy and physiology



Who are physiotherapists?

- **Skilled in clinical reasoning**
 - Life long learners
 - Committed to evidence-based decision making



Who are physiotherapists?

- **Licensed and regulated health professionals with a unique professional title**
 - Only registered physiotherapists can provide physiotherapy services



Where do physiotherapists work?

- **Wide variety of public health care settings**
 - Hospital in-patient and out-patient clinics
 - On-site physiotherapy in long-term care homes
 - Home-visit physiotherapy services



Where do physiotherapists work?

- **Wide variety of private clinics**
 - Direct access physiotherapist services are widely available
 - Many private clinics can accommodate walk-in appointments



A 3D anatomical model of a human torso, showing the ribcage, spine, and shoulder joint. The model is rendered in a semi-transparent, glowing blue and purple color. The background is a dark blue gradient with a large, stylized, light blue heart shape behind the text.

PHYSIOTHERAPY

It'll move you!



Canadian
Physiotherapy
Association

What exactly do physiotherapists do?

- **Assess, manage and treat a broad range of medical conditions from sprained ankles to strokes**
 - Relieve physical pain and help heal injuries
 - Increase mobility, build strength, improve balance, and enhance cardiovascular performance



What exactly do physiotherapists do?

- **Help you to help yourself**
 - Engage clients by prescribing therapeutic exercises
 - Teach clients to better manage their own health



How do physiotherapists approach patient care?

- **Patient-friendly**

- Pursue the individual goals and aspirations of their patients
- Tackle the root cause of physical health problems
- Release clients in good health as quickly as possible

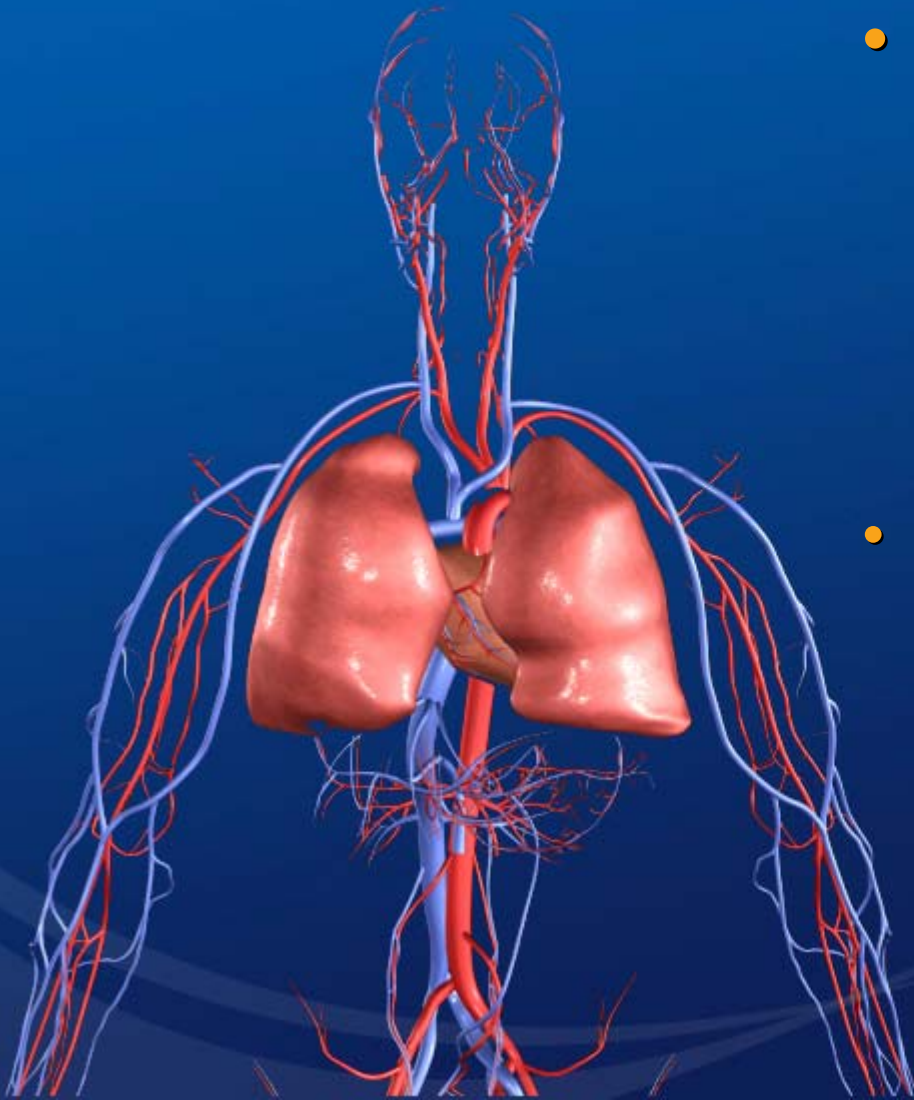


What specific conditions do physiotherapists treat?

- **Orthopaedic**
 - Back and neck pain
 - Arthritis and osteoarthritis
 - Fractures or sprains
 - Joint replacements
 - Sports injuries
- **Benefits**
 - Decreased pain
 - Improved joint mobility and strength
 - Restored physical function and injury prevention
 - Possibly prevent or delay surgery



What conditions do physiotherapists treat?



- **Cardio-respiratory**
 - Chronic obstructive pulmonary disease
 - Cystic fibrosis
 - Heart disease
 - Respiratory infections
 - Post-surgical care
- **Benefits**
 - Improved breathing and secretion clearance
 - Reduced breathlessness and increased endurance
 - Increased strength of arms and legs



What conditions do physiotherapists treat?

- **Neurological**

- Developmental delay
- Parkinson's disease
- Spinal cord injury
- Stroke

- **Benefits**

- Improved balance, coordination, strength, flexibility, and function
- Ability to manage daily tasks
- Reduced pain
- Improved mood



What conditions do physiotherapists treat?



- **Women's health**
 - Breast cancer rehabilitation
 - Chronic pelvic pain
 - Incontinence
- **Benefits**
 - Reduced post-surgical pain and swelling
 - Reduced fatigue caused by radiation and chemotherapy
 - Improved pelvic pain and urinary incontinence



A 3D anatomical model of a human torso, showing the ribcage, spine, and shoulder joint. The model is rendered in a semi-transparent, glowing blue and purple color. The background is a dark blue gradient with a large, stylized, light blue heart shape behind the text.

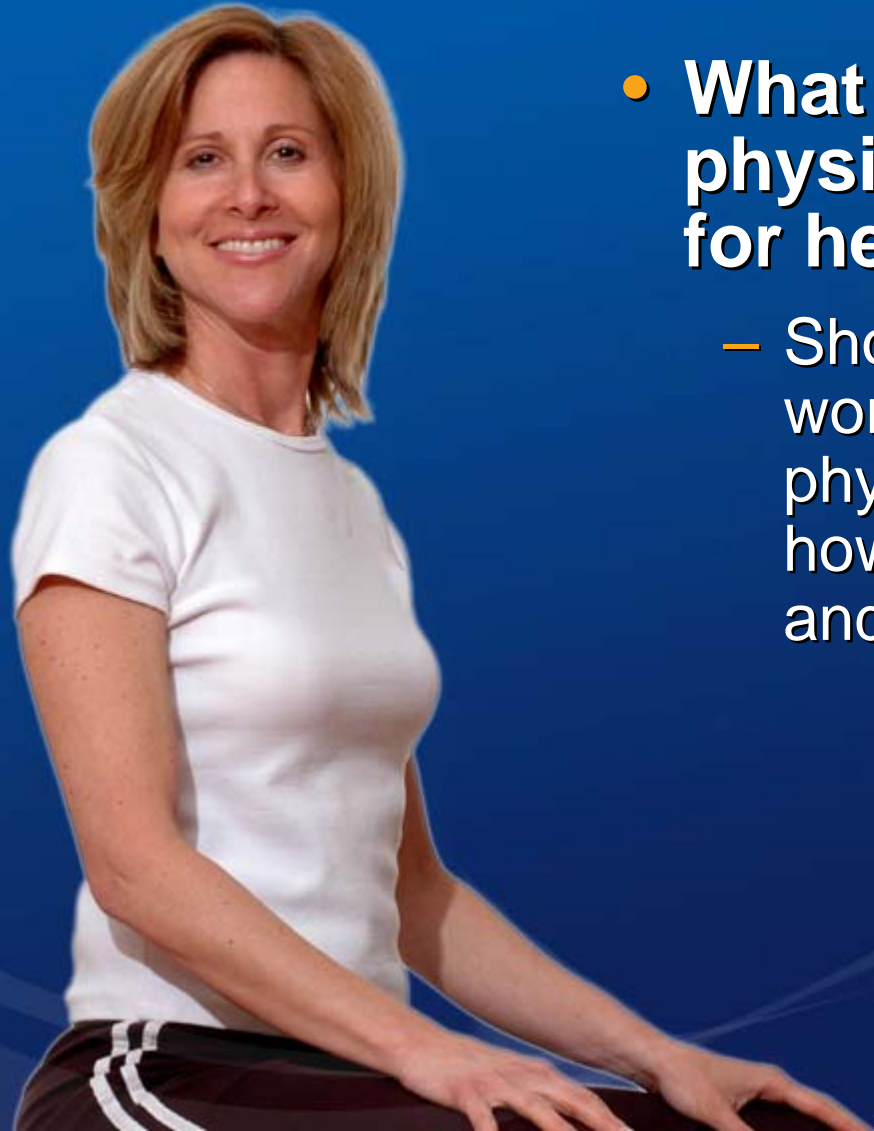
PHYSIOTHERAPY

It'll move you!



Canadian
Physiotherapy
Association

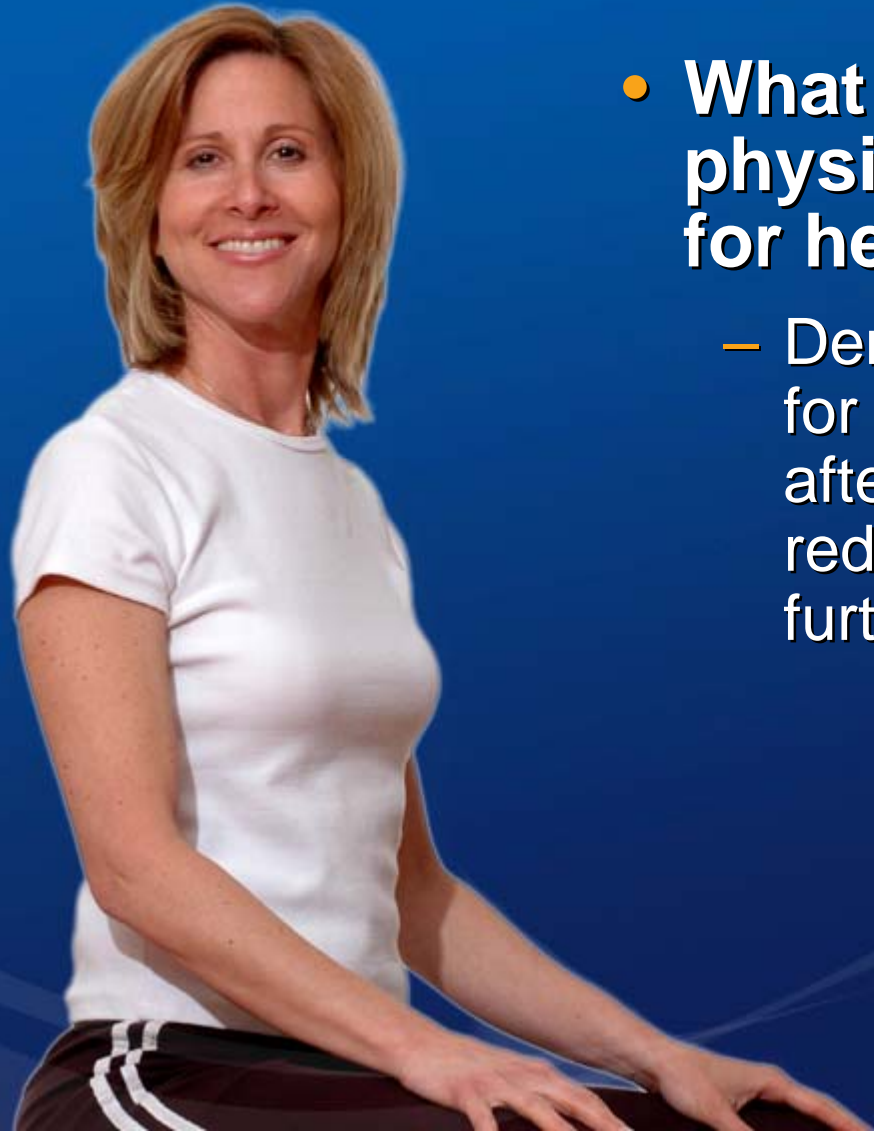
Jane's knees are sore after gardening



- **What can a physiotherapist do for her?**
 - Show Jane how to work within her physical strength limits, how to pace herself and rotate tasks



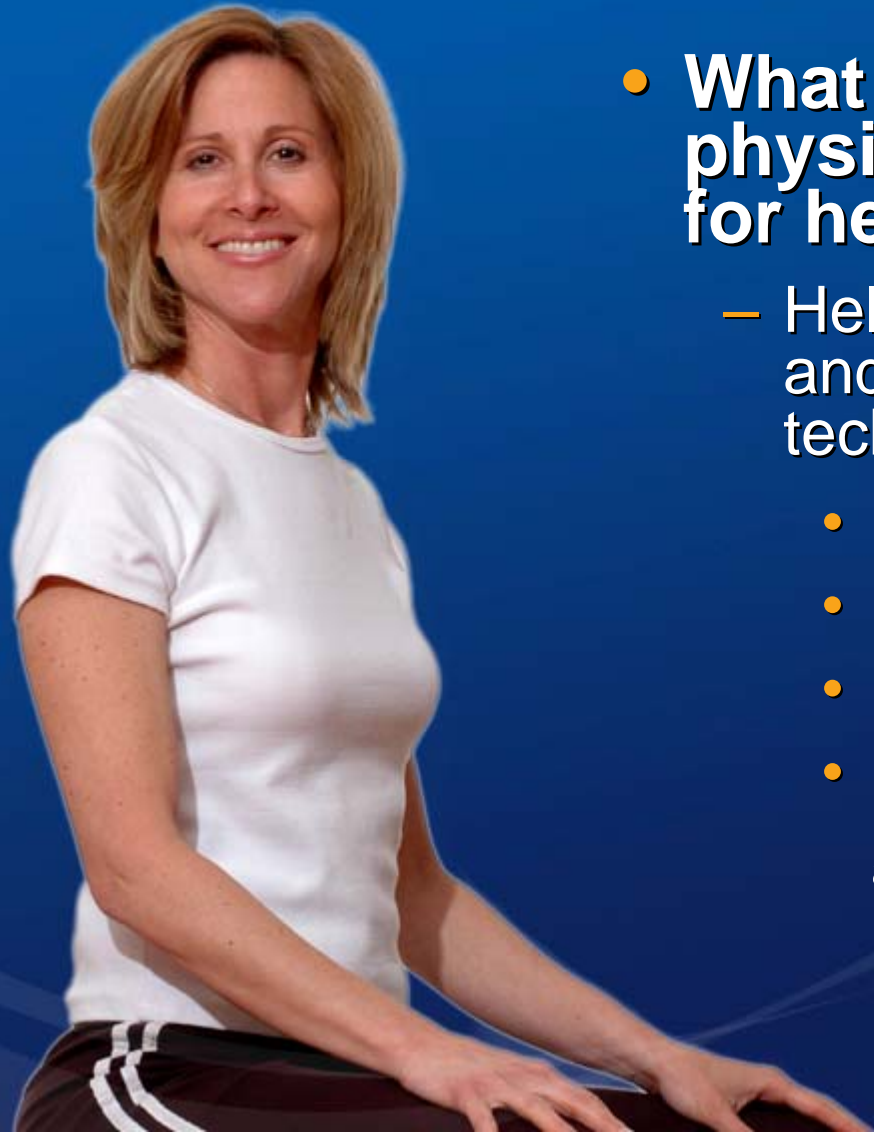
Jane's knees are sore after gardening



- **What can a physiotherapist do for her?**
 - Demonstrate stretches for before, during and after gardening to reduce the chance of further injury



Jane's knees are sore after gardening



- **What can a physiotherapist do for her?**
 - Help relieve her aches and pains using variety of techniques
 - Mobilization
 - Manipulation
 - Exercise therapy
 - Ultrasound, electrical nerve stimulation, or acupuncture



John has back pain from snow shoveling



- **What can a physiotherapist do for him?**
 - Show John the correct way to shovel



John has back pain from snow shoveling



- **What can a physiotherapist do for him?**
 - Educate John in body mechanics and proper techniques to prevent a recurrence of injury



John has back pain from snow shoveling



- **What can a physiotherapist do for him?**
 - Help relieve his aches and pains using variety of techniques
 - Mobilization
 - Manipulation
 - Exercise therapy
 - Ultrasound, electrical nerve stimulation, or acupuncture





PHYSIOTHERAPY

It'll move you!



Canadian
Physiotherapy
Association

Do I need a physiotherapist?

- Are you suffering from acute, chronic, or occasional pain brought on by injury or illness?

Do I need a physiotherapist?

- Is your movement restricted?
- Are you having trouble doing everyday tasks and activities due to illness or injury?

Do I need a physiotherapist?

- **Has your quality of life and functional independence been negatively affected by illness or injury?**
 - If you answered yes to any of these questions, you could likely benefit from a consultation with a physiotherapist

How do I find the physiotherapist who is right for me?



- **Check out our clinic**
 - mkburnabyphysio.com
 - phone us at 604-437-1515
- **Run a website search of**
 - “Find a Physiotherapist”
 - Physiotherapy Association of British Columbia
- **Ask for a recommendation from your family doctor**
 - A doctor’s referral is not required to see a physiotherapist but some private health insurance plans require a referral for reimbursement
- **Check with family and friends who have had physiotherapy**

What to expect from the first visit?



- **A thorough exam and concrete next steps**
 - Assessment of your health history, strength, joint range of motion, reflexes
 - Examination of x-rays, lab tests
 - Identification of the problem area
 - Specific goals for your treatment
 - Demonstration of therapeutic exercises
 - Action steps you can take after your appointment to feel better as quickly as possible

What will the treatment involve?



- **Treatment may include**
 - Strengthening and therapeutic exercises
 - Balance retraining and movement coordination
 - Hands-on manual therapy to reduce pain and stiffness
 - Electrical modalities such as electrical nerve stimulation, ultrasound or acupuncture

What is the cost and who pays?



- **What you pay depends on the services available in your area**
 - Employer health plans and individual insurance plans cover some or all costs of private physiotherapy services
 - Individuals attending private physiotherapy clinics may pay all cost or a portion of cost
 - The Medical Services Plan may pay for a portion of your visit if you have premium assistance.
 - The cost of a physiotherapy visit on Vancouver ranges from \$45 to \$75

How do you know if physiotherapy is working for you?

- **Results**

- Ability to return to work, sports, and normal daily activities
- Increased strength and improved endurance



How do you know if physiotherapy is working for you?

- **Results**

- More time spent pain-free and decreased pain intensity
- Improvement in mood and quality of life

