

Your Licensed Physiotherapy Professional

- *Physiotherapists are university educated professionals - most have between 4 and 8 years of university education*
- *Physiotherapy is taught at many Canadian Universities at the Masters level. The program involves many weeks of in-hospital and /or in-clinic practical training.*
- *Most provinces and territories in Canada require Physiotherapy graduates to pass a standardized comprehensive written exam and a 4 hour practical exam before licensing them to practice.*
- *Each province has a College of Physiotherapists which licenses physiotherapists to practice in their province.*



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Prince Edward Island Physiotherapy Branch
Newfoundland and Labrador Physiotherapy Association
Nova Scotia Canadian Physiotherapy Association

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www.physiotherapy.pei.ca
www.physiotherapy.nf.ca
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(Locate a Physiotherapist near you under the "Find a Physio" link on the above webpage)

Special thanks to Island Physiotherapy for the use of their clinic photos.

PHYSIOTHERAPY.
IT'LL MOVE YOU.
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PHYSIOTHERAPY: We Can Help Restore Your Ability to Move



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What is Physiotherapy?

Physiotherapy (Physical Therapy) is a profession that helps to minimize or prevent some of the physical problems that arise from injury, disease, aging, disability, birth defects or long periods of inactivity. It deals with assessing, treating and training the individual in order for them to regain maximum function. The goal of Physiotherapy is to obtain and maintain an individual's highest independent function.



A Few Common Areas of Practice are:

- Restoring the ability to walk after traumatic injuries, such as car accidents.
- Assisting premature babies to move their developing limbs and identifying any developmental challenges.
- Helping patients to recover the ability to undertake routine daily activities after undergoing knee and/or hip replacement surgery.
- Speeding up the recovery time from sports-related muscle damage.
- Improving Veterans' lives by assisting in the ongoing treatment of their injuries.
- Reducing recovery times by reducing the discomfort from work-related injuries and so allowing people to resume their usual lifestyles.
- Treating age-related symptoms such as incontinence or balance issues.

Do I need a referral from a Doctor ?

No. Physiotherapists are primary care professionals (just like family doctors and dentists) meaning you can go directly to a physiotherapist. You do not require a doctor's referral to see a Physiotherapist. Some private insurance companies, however, may require a doctor's referral before they will reimburse costs.

Where can I find a Physiotherapist?

If you have been in hospital, then you may have seen a Physiotherapist while an in-patient. Physiotherapists may continue to see some discharged patients on an out-patient basis. Physiotherapists also work in private clinics, just like family doctors and dentists do. Clinics are in all major centers and many smaller towns as well. Check your local Yellow Pages or visit the Atlantic Physiotherapy website for contact information .



What will my Physiotherapist do?

Your physiotherapist will ask you to describe your condition, as well as your medical history, lifestyle and goals. He or she will follow four steps to keep you moving:

1. Assess your level of mobility, strength and endurance and other physical abilities.
2. Diagnose your condition and develop a treatment plan to restore movement and reduce pain or limitations to your mobility. Together, you will agree on a treatment plan.
3. Treat your condition , help you understand it's effect on your function and measure your progress regularly, and adjust your treatment according to your needs and preferences.
4. Advise you on how to manage your condition independently and prevent avoidable recurrences or complications.

The History of Physiotherapy:

The contribution of physiotherapy to Canada's health care system is strongly linked to the major changes that have shaped Canada. Physiotherapy was used to treat returning war amputees during and after both World Wars. It was used to innovatively treat patients during the polio epidemics of the 1940s and 1950s and the use of physiotherapy grew further with the new types of injuries that came about with the widespread introduction of the automobile. Physiotherapy has always been there to help people recover from trauma.

Results of Ipsos-Reid Poll show that Canadians are Losing Their Freedom to Move:

- A majority of Canadians (54%) believe they are less mobile today than ten years ago. This perception of decline is not limited to older Canadians.
- About 42% of those who lost mobility say it has negatively affected their quality of life. This represents about 23% of all Canadians.
- Despite overall satisfaction with physical mobility, many Canadians say they cannot easily complete one or more of the ten mobility tasks tested in this study. This includes 66% who would have difficulty with vigorous activities, 37% who would have difficulty climbing several flights of stairs, 28% who would have difficulty bending or stooping, and 24% who would have difficulty walking a kilometre.



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