Our Services – Physiotherapy

**What is Physiotherapy?**

Physiotherapy is a science-based healthcare profession that aims to prevent injury, maintain and restore physical function, and resolve pain after disease or injury. Our goal is to help you achieve quality of life through pain free physical movement. Physiotherapists are licenced primary healthcare professionals that are highly trained to assess and diagnose your condition, then plan and administer treatment programs to restore function to the highest possible level. Physiotherapists also work in partnership with other healthcare professional (doctors, dentists, chiropodists, massage therapists) to ensure the best possible treatment and care. Physiotherapy uses a variety of techniques to help your muscles and joints work to their full potential. These specialized techniques will help repair damaged tissues by assisting and promoting the healing process, reducing pain and stiffness, and improve function. Physiotherapists also have an important role in rehabilitation following surgery or general deconditioning. Your physiotherapist will take the time to educate and advise you on how to prevent problems from returning or even from happening in the first place.

Physiotherapists provide care during all stages of life and can provided skilled treatment of conditions such as:

Back and neck pain Headaches Sports injuries Muscle and joint pain Acute or Chronic Injuries Pre & Post-operative care Arthritis Sciatica Posture and alignment problems

Nerve impingement Running injuries Overuse injuries Whiplash Repetitive strain Workplace injuries TMJ issues Ergonomics Bracing Sprains and Strains

What does the treatment involve?

Your physiotherapist will begin by taking a detailed history. Then a thorough musculoskeletal assessment is carried out to identify the exact nature and extent of your issue. Any underlying biomechanical problems that may be contributing to the problem are identified (i.e. flat feet, weaknesses, restricted joints). The therapist will then clearly explain the findings and help you understand what is happening. Your physiotherapist will work with you to develop a treatment plan that takes into account your lifestyle, leisure activities, general health, and goals. This will include advice on how you can help yourself; for example, you may receive educated posture, ergonomics, or exercises you can do at home.

Throughout the treatment, your physiotherapist will re-evaluate your progress at regular intervals, modifying treatment and goals when necessary. At the end of your treatment your physiotherapist will ensure you understand how to manage your condition independently for the longer term and prevent it from reoccurring.

Physiotherapists use a variety of treatments depending on the nature of the injury or pain:

* Joint manipulation and mobilization
* Exercise programs
* Soft tissue techniques
* Muscle re-education
* Hot and cold packs
* Electrotherapy ( to relieve pain, reduce swelling, speed up the healing process)
* Ultrasound
* Acupuncture
* Assistance with the use of aids, i.e. splints, crutches, and canes

Our Physiotherapist is dedicated to providing you with the best care available. Our physiotherapist is a member of the College of Physiotherapists of Ontario and participates in continuing education via regular professional education and attendance at professional courses and literature reviews.

Physiotherapy deals with improving movement and function at all stages of life. We are here to help you move well and maintain a comfortable and active life.

**Do I need a referral to see a Physiotherapist?**

In Ontario, you do **not** require a doctor’s referral as physiotherapists are independently licenced and regulated health care professional.

* However, most extended health insurance providers do require a doctor’s referral in order for your treatment to be reimbursed. Check with you insurance provider to determine their requirements.
* Patients going through Department of Veteran’s Affairs (DVA) do require a doctor’s referral
* Patients going through WSIB do require a doctor’s referral
* Patients involved in a Motor Vehicle Accident do **not** need a doctor’s referral

If you would like to know more about Physiotherapy and how the skills and qualifications of a physiotherapist can help you, here are some useful links:

College of Physiotherapists of Ontario – [www.collegept.org](http://www.collegept.org)

Ontario Physiotherapy Association - [www.opa.on.ca](http://www.opa.on.ca)

Canadian Physiotherapy Association - [www.thesehands.ca](http://www.thesehands.ca)