

NATIONAL PHYSIOTHERAPY MONTH

Physiotherapists Keep Manitobans Moving

As Executive Director of the Manitoba Physiotherapy Association (MPA), it is my pleasure during National Physiotherapy Month in Canada, to invite you to learn more about physiotherapy. Later this month you will receive a special edition feature containing several articles regarding the tremendous benefits physiotherapy provides for everyone's health, mobility and independence.

Physiotherapists have an advanced understanding of how the body moves, what keeps it from moving well and how to restore mobility. They are skilled in the assessment and management of a broad range of conditions that affect the musculoskeletal, circulatory, respiratory and nervous systems. Physiotherapists

treat and help prevent many physical problems caused by illness, disability and disease, sport and work-related injuries, aging and periods of inactivity. Physiotherapists are also skilled in the treatment and management of pain – and there is no risk of medication-induced side effects or addictive aspects to such treatment.

Although physiotherapists work collaboratively and are often part of a health services team, they are primary health-care professionals like doctors, dentists and nurse practitioners, which means you do not need a referral to access their services. Physiotherapists provide services at private clinics throughout Manitoba, as well as through the province's regional health authorities.

The fact is physiotherapists provide some of the most thorough and cost-effective treatment you will find anywhere in the medical community. They are also some of the most caring and dedicated health professionals you will meet, and they want nothing more than to improve your quality of life.

You can find great physiotherapists near your home or workplace. Ask your friends and family where they have had a good experience or visit the MPA website's Find a Physiotherapist search feature for assistance in selecting a physiotherapy clinic that provides treatment for your situation.

Jim Hayes
Executive Director

WHAT DOES THIS MEAN FOR ME?

Physiotherapists should be the first choice for soft tissue injuries, as the primary care provider with advanced assessment skills to ensure timely, effective management of injuries before they become chronic.

Did you know?

Physiotherapists can help you get back to work



You don't need a referral for physiotherapy



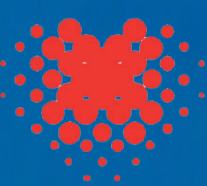
Physiotherapists can help athletes safely return to their game

Physiotherapists can help seniors stay engaged in their communities



Physiotherapists can help women with urinary incontinence after childbirth

YOUR PHYSIOTHERAPIST HAS THE ABILITY TO USE A BROAD RANGE OF TREATMENT TECHNIQUES TO HELP YOU GET BETTER.



Manitoba Physiotherapy Association
Association manitobaine de physiothérapie

To find a physiotherapist in your area, visit www.mbphysio.org