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NATIONAL PHYSIOTHERAPY MONTH

Physiotherapists Keep Manitobans Moving

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

As Executive Director of the Manitoba Physiotherapy Association (MPA), it is my pleasure during National Physiotherapy Month in Canada, to welcome you to this special feature of informative articles regarding the tremendous benefits physiotherapy provides for 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'll find anywhere in the medical community. If you have a physiotherapy-related issue I urge you to seek their help. As a group they are some of the most caring and dedicated health professionals you'll 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've had a good experience, or visit the MPA website's Find a Physiotherapist feature for assistance in selecting a physiotherapy clinic that provides treatment for your situation.

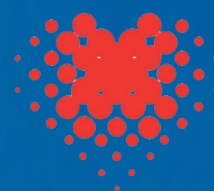
In the meantime, read on to discover some of the ways physiotherapists help keep Manitobans moving. I hope you enjoy learning more about our profession and the many services we provide.

Jim Hayes
Executive Director, Manitoba Physiotherapy Association

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.

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



Manitoba
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Association

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