



Do I need a referral from a doctor?

No, physiotherapists are primary health care professionals just like doctors and dentists meaning you can go directly to a physiotherapist. You do not require a doctor's referral to see a physiotherapist. However, some insurance plans require a doctor's referral, so it is best to check on your coverage.

Who pays for physiotherapy services?

Manitoba Health covers physiotherapy treatment that is provided in a hospital setting. In a private clinic setting most extended health benefits plans cover physiotherapy services. In addition, Manitoba Public Insurance, the Workers' Compensation Board and the Department of Veterans Affairs pay for physiotherapy services when applicable.

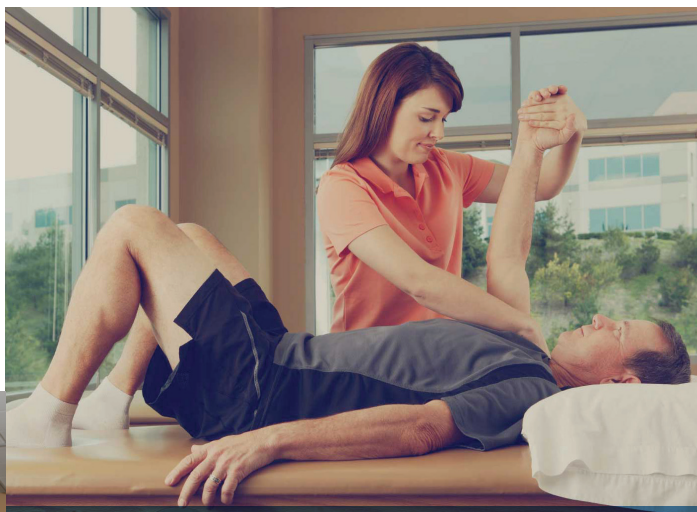


How can I find a physiotherapist near me?

To find a physiotherapist in your area, visit www.mbphysio.org and click on: "Find a Physiotherapist." To learn more about the many ways physiotherapy is improving the health and mobility of Manitobans, visit our website for useful information and resources.

www.mbphysio.org

www.physiocanhelp.ca



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What is physiotherapy?

Physiotherapy is the primary health care profession that promotes wellness, mobility and independent function. Physiotherapists have advanced understanding of how the body moves, what keeps it from moving well and how to restore mobility.

Can physiotherapy help me?

- *Physiotherapists manage and prevent many physical problems caused by illness, disability and disease, sport and work related injuries, aging, and long periods of inactivity.*
- *Physiotherapists are skilled in the assessment and hands-on management of a broad range of conditions that affect the musculoskeletal, circulatory, respiratory, and nervous systems.*

Physiotherapy can help:

- *Address physical challenges associated with pain, arthritis, repetitive strain injury etc.*
- *Assist in the management of incontinence*
- *Attend to sports injuries and provide advice on prevention and recurrence*
- *Help manage the physical complications of cancer and its treatment*
- *Manage and treat neck and back pain and other joint injuries*
- *Maximize mobility for clients with neurological disorders such as stroke, spinal cord injury or Parkinson's disease*
- *Oversee rehabilitation in the home after injury or illness*
- *Pre-and post-natal care and other women's health conditions*
- *Provide care for children with paediatric conditions such as developmental delay, fractures, cardiorespiratory and orthopaedic conditions*
- *Recovery after surgery*
- *Treat and manage respiratory and cardiac conditions*

How does Physiotherapy work?

Physiotherapists assess and analyze the effect of illness, disability, injury and inactivity and develop specific treatment plans based on their assessment and the individual client's goals.

Your physiotherapist will follow these four steps to get you moving as optimally as possible:

- 1) *Assess your level of mobility, strength and endurance*
- 2) *Diagnose your condition and develop a treatment plan to restore movement and reduce limitations, including pain*
- 3) *Prescribe and demonstrate specific therapeutic exercises and monitor your progress over time*
- 4) *Prepare you for independence with advice on how to manage your condition*



Physiotherapists care about your goals!

Your physiotherapy treatment plan will be as unique and individual as you are, and your active participation will be essential for success. Your physiotherapist will develop your treatment plan in close consultation with you and adjust it during the course of therapy in keeping with your goals and personal circumstances. Depending on your needs, your physiotherapist will draw upon a number of practice skills that will assist in developing a comprehensive and customized treatment plan.

Practice skills:

- *Corrective techniques to improve heart and lung function and cardiac conditioning*
- *Electrical modalities and acupuncture*
- *Manual therapy interventions to reduce pain and stiffness*
- *Posture and gait retraining and individualized conditioning regimes*
- *Techniques to correct muscle imbalances and postural alignment*
- *Techniques to improve movement coordination and balance*
- *Techniques and modalities that reduce pain*
- *Therapeutic exercise to build strength, flexibility and mobility*



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