



# BECOMING A PHYSIOTHERAPIST

By Roland Lavallée

**T**o become a physiotherapist in Canada, requires graduation from a master's degree from an accredited university program.

To apply for entrance to a Physical Therapy program at a Canadian university, you first need to have completed a bachelor's degree in science, kinesiology, athletic therapy or a similar degree. Many candidates who enter a Physical Therapy program are already respected members of the health care community.

As with all university educated health professionals, a Physical Therapist's education is firmly rooted in evidence-based science and patient centered care. Physiotherapists graduate with an excellent knowledge of physiology, anatomy, exercise sciences and biomechanics. The Physical Therapy program is organized in to three domains of rehabilitation; orthopedics, neurology, and cardio-respiratory rehab and covers conditions across the lifespan from children to older adults.

Beyond the education program, practicing physiotherapists in Canada must complete a thorough examination process to obtain licensure to practice. Physiotherapists are regulated/licensed by a provincial regulating body that ensures patient safety and continued monitoring and quality of care.

After graduation, most physiotherapists are internally driven and seek significant post graduate training, both in knowledge-based pursuits and formalized mentorship to reinforce and increase

their knowledge and ensure that knowledge is translated into expertise for physical assessments and treatments. Physiotherapy clinics in Manitoba and across the country are staffed with knowledgeable, driven and skilled professionals in hands-on manual therapy techniques and patient focused exercise prescription.

Physiotherapy careers often take different paths leading to specialization and becoming trusted providers of care in areas of special interest. For instance, physiotherapists are consulted and respected care providers for people with sports injuries, workplace injuries, degenerative conditions like arthritis, repetitive strain like tendinopathies and the list goes on. Physiotherapists are also well respected to assess and treat issues such as loss of balance/vertigo, urinary incontinence/pelvic pain, TMJ disorders, movement disorders, concussion rehab, chronic pain syndromes, cancer rehabilitation, and many more. There is not an area of the 'working body', from head to toe, that physiotherapists are not consulted on.

When you make the decision to see a physiotherapist for care, you are getting an elite level care practitioner in the rehabilitation world that is well respected by their peers and relied on by other health care providers. Physiotherapists are care providers that intently listen, assess concerns, diagnose, and deliver a care plan on a wide variety of conditions across the life span.

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



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