

## Physiotherapy Services

Physiotherapists are highly qualified and educated healthcare professionals with the ability to diagnose orthopaedic issues, such as plantar fasciitis, ligament/tendon tears and the presence of bone fractures. In addition to their understanding of anatomy and human kinetics, they are trained to recognize and safely determine the underlying factors that may have contributed to an acute injury or pain response.

Performing this comprehensive assessment often includes analysis of an individual's: biomechanics, movement patterns, strengths, deficits, mobility, range of motion, flexibility and conditioning. By thoroughly and systematically assessing all of the contributing factors, the Physiotherapist is then able to prescribe you a program with the greatest possible chance of fixing the issue.

Each individual is unique and injury management/prevention prescriptions will be completely individualized. It must also be emphasized that Physiotherapy is NOT a passive endeavor. The human body is highly resilient and capable of healing when subjected to an effective array of strengthening and mobilization strategies. To see significant and lasting results, it requires the motivation and commitment of you, the patient. Together, we will get to the bottom of the problem and set you back onto the path of health, wellness and functionality.

### Physiotherapy Orthopaedic Assessment<sup>1, 2</sup>

*1-Hour In home – \$90 CAD*

*1-Hour Virtual – \$60 CAD*

- Initial 1-hour one-on-one assessment to analyze your concerns/injuries, medical history, goals, problem list, contributing factors, barriers to success etc
- Assessment of your movements/limitations may include (but are not limited to):
  - Range of motion
  - Functional movement
  - Strength
  - Diagnostic testing
  - Palpation
  - Sensation testing
  - Biomechanics and/or gait
  - Diagnosis of your pathology/sources of pain
- Extensive education regarding the details of your pathology, how you can best manage it, estimation of your prognosis
- Provision of an individualized home exercise/management program
  - Examples include stretches, resistance training, plyometrics, mobility routines, release techniques, modalities
- Pain relieving education and techniques
- Integration with your Triphecta training and nutrition program or your current exercise routine.
- Physical treatment (if indicated), may include (but are not limited to):
  - Joint mobilizations/manipulations
  - Acupuncture
  - Proprioceptive neuromuscular techniques
  - Muscle energy techniques
  - Soft tissue and myofascial release

## **Physiotherapy Orthopaedic Follow-Up Treatment<sup>1, 2</sup>**

*30-Minute In home – \$60 CAD*

*30-Minute Virtual – \$45 CAD*

- Consistent reassessment and ongoing analysis of your progress
- Oversight on when to safely progress your home exercise treatment/management program
- Pain relieving education and techniques
- Continuing education regarding the details of your injury/pain.
- Physical treatment (if indicated), may include (but are not limited to):
  - Bone mobilizations/manipulations
  - Acupuncture
  - Proprioceptive neuromuscular techniques
  - Muscle energy techniques
  - Soft tissue and myofascial release

**<sup>1</sup> Physiotherapy is a protected medical service so is often eligible for coverage through a health care insurance provider.**

**<sup>2</sup> You do not need a prescription from a doctor to see a physiotherapist, however some health care insurance providers do require a doctor's prescription to be deemed eligible for reimbursement. Please check with them in advance to determine this.**