



# About Physiotherapy

## Physiotherapy Association of BC

### ABOUT PHYSIOTHERAPY

Physiotherapists assess and provide hands-on treatment and exercise prescription to address movement dysfunction. Physiotherapists also plan and implement individual treatment programs to prevent physical disabilities.

Physiotherapists graduate with a Master's degree in Physical Therapy (MPT) from UBC's Faculty of Medicine. Physiotherapists are licensed by the College of Physical Therapists of BC, which maintains a rigorous code of ethics and high standards of continuing competency. Working closely with Physicians, Physiotherapists practice in private clinics, hospitals, rehabilitation centres, long-term facilities, home care, industry and schools as well as sports teams.

A cornerstone of physiotherapy is patient education and self-management. PABC public opinion polls over the last decade remain consistent in patient satisfaction ratings being very high at 83%.

Physiotherapists know that best practice for patient care. PABC provides this overview of physiotherapy to help you to identify the physiotherapist who can assist you in improving your health and well-being.

#### What Physiotherapists Do:

- Assess and analyze your mobility, strength and endurance relative to the effect of illness, disability, injury and inactivity;
- Develop a specific treatment plan based on their assessment and your goals to restore movement and reduce limitations, including pain;
- Prescribe and demonstrate specific therapeutic exercises, monitor your progress over time, and adjust your treatment according to the your needs and preferences;
- Prepare you for independence with advice on how to manage the condition, including education on complications and prevention of a recurring problem.

Physiotherapists treat a broad range of conditions that affect the musculoskeletal, circulatory, respiratory and nervous systems.

Here are some of the ways physiotherapy can help through therapeutic exercise, manual therapy, electrical modalities and a range of techniques.

- Treat and manage neck and back pain and other joint injuries
- Address physical challenges associated with pain, arthritis, repetitive strain injury, (such as tennis elbow), etc.
- Treat sports injuries and provide advice on prevention and recurrence
- Provide post surgical rehabilitation including joint replacement
- Maximize mobility with neurological disorders such as stroke, and spinal cord injury
- Treat children with paediatric conditions such as developmental delay, fractures and cardiorespiratory conditions
- Assist in the management of incontinence
- Provide pre- and post-natal care and other women's health conditions
- Help manage the physical complications of cancer and its treatment
- Treat and manage respiratory and cardiac conditions and provide cardiac rehabilitation following a heart attack or cardiac surgery.

Physiotherapists are committed to improving their techniques through clinical research. Actively researching and measuring treatment techniques allow physiotherapists to validate their approach and continually enhance the quality of clinical care. In addition, practicing physiotherapists actively continue their education to keep up to date on the latest treatments and technologies.

Because you have specific needs, you can refer to recognized experts. From incontinence management to neurological rehabilitation to the management of respiratory disorders to the full range of musculoskeletal conditions, you will find a physiotherapist with the required specialized knowledge and hands-on skill.

## AREAS OF EXPERTISE

- Acupuncture
  - \**Certified by Acupuncture Foundation*
  - \**Certificate in Medical Acupuncture*
  - \**Registered Acupuncturist*
- Amputees
- Arthritis
- Breast Health
  - Lymphatic Drainage
- Cardio-Respiratory
- Chronic Pain
- Complementary Therapies
- Constipation
- Diabetes
- Ergonomics
- Gerontology
- Hands
  - \**Certified Hand Therapist*
- Hippotherapy (Therapeutic Riding)
- Home Visits
- Hydrotherapy
- Intramuscular Stimulation (IMS)
  - \**Certified Gunn IMS*
- Incontinence
- Industrial Health
  - \**Functional Capacity Evaluation Certified*
  - Functional Capacity Evaluation
  - Work Conditioning
- Joint Replacement Rehabilitation
- Lymphatic Drainage
- McKenzie Mechanical Diagnosis & Therapy
  - \**Certified Mechanical Diagnosis & Therapy*
  - \**Diploma Mechanical Diagnosis & Therapy*
- Neurology
- Orthopaedics
  - Level 1
  - Level 2
  - Level 3
  - \**Resident of the Canadian Academy of Manipulative Therapists*
- Orthotics Assessment/Prescription
- Osteoporosis
- Paediatrics
- Peri-natal Care
- Research
- Rheumatology
- Spinal Manipulation
  - \**Fellow of the Canadian Academy of Manipulative Therapists*
- Sports Injury
  - Level 1
  - \**Certified in athletic injury assessment and Treatment*
  - \**Credentialed Sports Physiotherapist*
- TMJ
- Vaginal/Rectal Pain
- Vestibular/Vertigo Disorders
- Whiplash Associated Disorders
- Women's Health

\* Certification

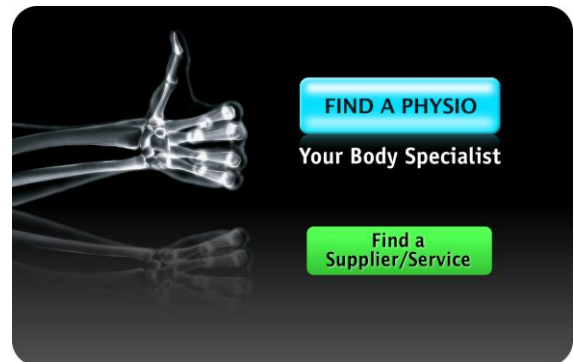
### The cost:

The first visit includes an assessment and treatment and ranges from \$65-80; subsequent treatments range from \$40-65.

### How to Find a Physiotherapist

**Find a Physio** directory lists by city/town or by the specific expertise you seek or by 2<sup>nd</sup> language spoken.

Physiotherapists are in communities throughout BC and can be found in the **Find a Physio** online directory at [www.bcphysio.org](http://www.bcphysio.org) and click:



### To Find a Physio

visit the website [www.bcphysio.org](http://www.bcphysio.org).

- Search by first or last name,
- by Areas of Expertise,
- by City, or
- by Second Language Spoken.

201-7885 6th Street  
 Burnaby, BC V3N 3N4  
 Phone: 604-524-4446  
 Fax: 604-524-4065  
 Email: [info@burnabymassage.com](mailto:info@burnabymassage.com)  
[www.burnabymassage.com](http://www.burnabymassage.com)

**Burnaby Square  
 Orthopaedic &  
 Sports Centre  
 Inc.**