



Physiotherapists:
The Body Specialists

Physio Tips

WHAT DO
PHYSIOTHERAPISTS
DO?

Physiotherapy Association of BC

What do physiotherapists do?

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.

Physiotherapists:

- Assess a Client's level of mobility, strength and endurance
- Diagnose their condition and develop a treatment plan to restore movement and reduce limitations, including pain
- Prescribe and demonstrate specific therapeutic exercises, monitor the Client's progress over time, and adjust their treatment according to their needs and preferences
- Prepare the Client 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 for clients 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 experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.

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