Your Licensed Physiotherapy Professional

Physiotherapists are university educated professionals—most have between 4 and 8 years of university education

Physiotherapy is taught at many Canadian Universities at the Masters level. The program involves about 30 weeks of in-hospital and /or in-clinic practical training.

Most provinces and territories in Canada require physiotherapy graduates to pass a standardized comprehensive written exam and a 4 hour practical exam before licensing them to practice.

Each province has a College of Physical Therapists which licenses physiotherapists to practice in their province.

The terms "Physiotherapist" and "Physical Therapist" may be used interchangeably - they mean the same thing.

School of Physical Therapy, St. Andrew's College, University of Saskatchewan

Physiotherapy Helping You to Help Yourself

When you are free to move—when you have mobility—you feel better and enjoy life more. But what about those times when movement becomes more of a challenge?

Physiotherapists provide assessment, treatment and education for a wide range of health problems to ensure you make the most of your lifestyle. As people live longer and busier lives than ever before it's not surprising that our bodies occasionally need assistance to stay in good working order. Physiotherapists can recommend the best way to treat problems with your muscles, bones and joints, and circulatory, respiratory or nervous systems.

Physiotherapists can also advise you on ways to PREVENT potential health problems from occurring before they arise.

Every year, Physiotherapists assist thousands of Canadians in preventing and managing the effects of illness, accidents and the stresses and strains of everyday life.

PHYSIOTHERAPY. IT'LL MOVE YOU.
LA PHYSIOTHÉRAPIE. REDÉCOUVREZ LE MOUVEMENT.

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Locate a Physiotherapist near you under the "Find a Physiotherapist" link on this webpage.

Canadian Physiotherapy Association
Association canadienne de physiothérapie

Physiotherapy Works!

We Can Help Restore Your Ability to Move

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What is Physiotherapy?

Physiotherapy (Physical Therapy) is a profession that helps to minimize or prevent some of the physical problems that arise from injury, disease, aging, disability, birth defects or long periods of inactivity. It deals with assessing, treating and training the individual in order for them to retain or regain maximum function. The goal of physiotherapy is to obtain and maintain an individual's highest independent function.

A Few Common Areas of Practice are:

- Restoring the ability to walk after injuries from car accidents.
- Identifying any developmental challenges and helping premature babies to move their limbs.
- Helping patients to resume routine daily activities after knee or hip replacement surgery.
- Speeding up the recovery time from sports-related muscle damage.
- Assisting Veterans in the ongoing treatment of their injuries and improving their quality of life.
- Reducing recovery times and discomfort following work-related injuries, allowing people to resume their usual life styles.
- Treating age-related problems such as incontinence or balance issues.

Do I need a referral from a Doctor ?

No. Physiotherapists are primary care professionals (just like family 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 private insurance companies may require a doctor's referral before they will reimburse costs.

Where can I find a Physiotherapist?

You may receive physiotherapy in hospital as an in-patient. Physiotherapists may continue to see some discharged patients on an out-patient basis. Physiotherapists also work in private clinics, just like family doctors and dentists do. There are physiotherapy clinics in all major centres and many smaller towns as well.

Check your local Yellow Pages or visit the Saskatchewan Physiotherapy Association's "Find a Physiotherapist" website for contact information .

What will my Physiotherapist do?

Your physiotherapist will ask you to describe your condition and your medical history, your lifestyle and your goals. He or she will follow four steps to keep you moving:

1. Assess your level of mobility, strength and endurance and other physical abilities.
2. Evaluate your condition and develop a treatment plan to restore movement and reduce pain or limitations to your mobility. Together, you will agree on a treatment plan.
3. Treat your condition, help you understand its effect on your function, measure your progress regularly, and adjust your treatment according to your needs and preferences.
4. Advise you on how to manage your condition independently and prevent avoidable recurrences or complications.

The History of Physiotherapy

The contribution of physiotherapy to Canada's health care system is strongly linked to the major changes that have shaped Canada. Physiotherapy was used to treat returning war amputees during and after both World Wars. It was used to innovatively treat patients during the polio epidemics of the 1940s and 1950s. The use of physiotherapy grew further with the new types of injuries that came about because of increased industrialization, and the widespread introduction of the automobile.

Canadians are Losing Their Freedom to Move:

- Results of a nationwide poll* show that a majority of Canadians (54%) believe they are less mobile today than ten years ago. This perception of decline is not limited to older Canadians. * (Ipsos-Reid Poll, 2001)
- About 42% of those who lost mobility say it has negatively affected their quality of life. This represents about 23% of all Canadians.
- Despite overall satisfaction with physical mobility, many Canadians say they cannot easily complete one or more of the ten mobility tasks tested in this study. This includes 66% who would have difficulty with vigorous activities, 37% who would have difficulty climbing several flights of stairs, 28% who would have difficulty bending or stooping, and 24% who would have difficulty walking a kilometre.

How does your physical mobility measure up?
Take the Canadian Physiotherapy Association's Mobility Quiz on-line at www.physiotherapy.ca.