

Areas of Special Interest or Specialized Training

in Occupational Therapy & Physiotherapy:

CHT designation: Certified Hand Therapist

in Physiotherapy:

CAFCI designation: Certified by Acupuncture Foundation of Canada Institute

RCAMT designation: Resident of the Canadian Academy of Manipulative Therapists (completed Intermediate Exam).

FCAMT designation: Fellow of the Canadian Academy of Manipulative Therapists (completed Advanced Exam).

SPC Certificate: Certified in athletic injury assessment and treatment.

SPC Diploma: Credentialed Sports Physiotherapist.

Definition of Terms

Term	Profession	Definition
Acupuncture	PT	Medical acupuncture using needles at specific points of the body to relieve pain and treat various physical disorders and systemic conditions. See also Intramuscular Stimulation (IMS) - A technique using acupuncture needles and a knowledge of neurophysiology to release tight bands of muscle.
Acquired brain injury	PT/OT	An acquired brain injury is an injury to the brain that has occurred after birth. It may result in mild, moderate, or severe impairments in one or more areas, including cognition, communication; memory; attention and concentration; reasoning; abstract thinking; physical functions; psychosocial behavior; and information processing.
Acute care	PT/OT/SLP	Short-term medical treatment, usually in a hospital, for patients having an acute illness or injury or recovering from surgery.
Aquacize	PT	Aquacize is an impact-free exercise class performed in a pool which improves strength, flexibility and endurance.

Term	Profession	Definition
Bowel incontinence	PT/OT	Abnormalities of the <u>pelvic floor</u> can lead to bowel/fecal incontinence.
Burns	PT/OT	Damage to the skin or other body parts caused by extreme heat, flame, contact with heated objects, or chemicals. Burn depth is generally categorized as first, second, or third degree.
Cardiovascular	PT/OT	Relating to the heart and the blood vessels.
Cardiac rehabilitation	PT/OT	Cardiac rehabilitation is a medically supervised program to help heart patients recover quickly and improve their overall physical, mental and social functioning.
Cardiorespiratory	PT	Treatment of heart, lung and circulatory conditions such as asthma & emphysema, as well as recovery from bypass surgery or heart attack.
Case management	PT/OT/SLP	A system for assessing, planning, treating, referring, and following up on patients to ensure continuity of care through the provision of coordinated and comprehensive services.
Child development	PT/OT/SLP	The increase in abilities - physical, intellectual and social - through which a child progresses. Child development experts assess the under five child in four main areas: 1) locomotion, 2) hearing and speech, 3) vision and fine movement, and 4) social behavior and play.
Chronic pain	PT/OT	Chronic pain was originally defined as <u>pain</u> that has lasted 6 months or longer. More recently it has been defined as pain that persists longer than the temporal course of natural healing, associated with a particular type of injury or disease process.

Term	Profession	Definition
Community therapy	PT/OT/SLP	Treatment provided in private homes or long term care facilities.
Custom orthotics	PT/OT	Creation of custom orthoses to more rigidly support compromised joints, weak muscles, and other medical conditions.
Driver education	OT	Assessment and training on adaptive controls following injury.
Education classes	PT/OT/SLP	Taught by a therapist in a group setting. (examples: proper lifting techniques, neck care)
Ergonomic assessment	PT/OT	The assessment of the proper and efficient use of the body in work and recreation, including the design and operations of machines and the physical environment.
Exercise classes	PT/OT	Group supervised class usually focusing on a specific form of exercise. (example: core stability, ball exercises)
Exercise therapy	PT	A treatment approach that includes the development of an individualized exercise program which may focus on strengthening, flexibility, endurance and balance.
Fibromyalgia	PT/OT	A <u>chronic syndrome</u> characterized by diffuse or specific <u>muscle</u> , joint, or bone <u>pain</u> , multiple tender points, <u>fatigue</u> , and a wide range of other symptoms.
Functional capacity evaluation	PT/OT	An intensive short-term evaluation that focuses on major physical tolerance abilities related to musculoskeletal strength, endurance, speed, and flexibility.
Geriatric assessment & rehabilitation	PT/OT/SLP/ Audiology	Treatment of age-related conditions such as osteoporosis, arthritis, heart disease, hearing loss, stroke, immobility and prevention of falls.

Term	Profession	Definition
Hand therapy	PT/OT	Treatment of injury or disease from the hands to the shoulders.
Home care	PT/OT/SLP	<u>Health care</u> provided in the <u>patient's home</u> by <u>healthcare professionals</u> .
Inpatient care	PT/OT/SLP	Treatment provided for a patient who is admitted to a hospital or clinic for treatment that requires at least one overnight stay.
Long term care	PT/OT/SLP	A wide range of health and personal care – from simple assisted living arrangements to intensive nursing home care – for elderly or disabled person(s).
Lymphoedema treatment	PT/OT	Treatment for the swelling in tissues which occurs when the lymphatic system is unable to remove excess fluid and protein from surrounding tissues.
Mental health	OT	A state of psychological, psychiatric and/or emotional well-being that enables an individual to function in everyday activities and relate to others effectively.
Neurology (or neurological)	PT/OT	Treatment of nervous system conditions and injuries that affect the balance among the brain, spinal cord and nerves; including head and spinal cord injuries, stroke, multiple sclerosis, cerebral palsy and Parkinson's.
Occupational health consulting	PT/OT/ Audiology	The multi-disciplinary area concerned with the health and safety of individuals engaged in employment. Individuals may be consulted to assess a work place to determine if any safety concerns exist and if any modifications can be made to the work environment or job duties to ensure the safety of the workers.

Term	Profession	Definition
Orthopaedics, musculoskeletal	PT/OT	Treatment of muscle, joint and tissue problems such as fractures, arthritis, osteoporosis, temporomandibular joint dysfunction, burns. May include the use of manual therapy and electrotherapy.
Outpatient care	PT/OT/SLP	Treatment for a patient who is not an inpatient (not hospitalized) but instead is cared for elsewhere -- as in a doctor's office, clinic, or day surgery center.
Palliative care	PT/OT	Treatment provided to the terminally ill.
Paediatrics	PT/OT	Treatment of children under 16 years of age, who have orthopaedic, neurological and respiratory conditions, developmental delays, burns and conditions such as cerebral palsy, spina bifida, muscular dystrophy, autism and cystic fibrosis.
Pain management	PT/OT	Treatment provided to those with chronic pain which may be due to a chronic illness or terminal illness.
Post-surgical orthopaedics	PT/OT	Treatment of individuals following orthopaedic surgery such as total knee and hip replacements, rotator cuff repairs, and following fracture reductions.
Pre-employment screening	PT/OT	Screening individuals prior to employment to determine that they functionally and physically meet job requirements.
Public health	PT/OT/SLP/ Audiology	The science and practice of protecting and improving the health of a community, as by preventive medicine, health education, control of communicable diseases, application of sanitary measures, and monitoring of environmental hazards.

Term	Profession	Definition
Rehabilitation & conditioning	PT/OT	Treatment for an injury or illness aimed at restoring physical abilities.
Research	PT/OT/SLP	A formal, systematic application of the scientific approach to the study of a problem to discover new information or expand and verify existing knowledge.
Respiratory	PT	Relating to breathing or the lungs.
Return to work	PT/OT	The process of gradually reintroducing an individual to their work demands which they performed prior to an injury.
Rheumatology	PT/OT	The study and treatment of rheumatic illnesses such as rheumatic arthritis, scleroderma and lupus.
Sports injuries	PT	Treatment of sprains, strains, ligament tears and other athletic injuries, using techniques such as sport specific exercise, taping, bracing, laser, ultrasound, electrotherapy, and training program development.
Temporo-mandibular joint (TMJ) treatment	PT	Assessment and treatment of temporo-mandibular joint dysfunction
Urinary incontinence	PT	Treatment of incontinence, bladder and bowel control, constipation, vaginal/rectal pain, or recovery from prostate surgery.
Vestibular rehabilitation	PT/OT/ Audiology	Evaluation and treatment of balance disorders.
Vocational assessment	PT/OT	The assessment of an occupation to determine the demands it will place on an individual performing that job.
Vocational rehabilitation	PT/OT	Pertaining to, providing, or undergoing training in a special skill to be pursued as a trade.

Term	Profession	Definition
Women's health	PT	Treatment for breast cancer recovery, pre and post pregnancy conditions, osteoporosis and pelvic floor dysfunction (including urinary and fecal incontinence, constipation and vaginal/rectal pain).
Work hardening	PT/OT	A technique that assists an injured worker to gradually readjust to the physical demands of a job. The injured worker practices job-related tasks using less weight, a shorter period of time, or slower pace than is required in the actual job.
Work site evaluations	PT/OT	The evaluation of a person's place of employment to determine if improvements or changes need to be made to the work place to make the job more ergonomically sound or to accommodate an employee's impairment.