

Physiotherapy: Frequently Asked Questions

This document was created to answer the most commonly asked questions about physiotherapy at Heritage Fitness. If you have a question that we haven't answered in this document, please don't hesitate to contact us.

What is physiotherapy?

Physiotherapy is a primary care, autonomous, client-focused health profession dedicated to improving quality of life by (Canadian Physiotherapy Association, 2012):

- Promoting optimal mobility, physical activity, and overall health and wellness
- Preventing disease, injury, and disability
- Managing acute and chronic conditions, activity limitations, and participation restrictions
- Improving and maintaining optimal functional independence and physical performance
- Rehabilitating injury and the effects of disease or disability with therapeutic exercise programs and other interventions
- Educating and planning maintenance and support programs to prevent re-occurrence, re-injury or functional decline

Physiotherapy is anchored in movement sciences and aims to enhance or restore function of multiple body systems. The profession is committed to health, lifestyle, and quality of life. This holistic approach incorporates a broad range of physical and physiological therapeutic interventions and aids.

The profession is shaped by scientific evidence and the education and competencies of the physiotherapists delivering the services.

Should I only see a physiotherapist when I am in pain or have an injury?

No. Prevention is a key element in avoiding injury. Even mild joints mobility deficits or muscle strain could result in injuries later in life. The faster you seek treatment, the faster your recovery! By visiting a physiotherapist, you can keep your muscles and joints in top condition and working properly.

Do I need a referral to see a physiotherapist?

No. Although some insurance plans require a medical referral to accept a claim.

If I'm injured, how long should I wait to see a physiotherapist?

Early treatment of injuries is important for quick recovery. If you have sustained an injury, you should book an appointment with a physiotherapist as soon as possible. In the acute phase of your injury, physiotherapy includes treatment for pain relief and joint mobility.

Old injuries can also be assessed and treated. Depending on the type of injury, it may take added time to properly heal.

What can I expect to happen during my first appointment?

Your first appointment will consist of a thorough assessment of your condition from muscle imbalances to joint restrictions. You will receive an analysis of the cause of your symptoms and collaborate with your physiotherapist on a treatment plan. Education and team work is important to our physiotherapists.

Treatment is also included in your first visit. Treatments at our facility mainly focus on manual therapy and exercises program.

I'm having surgery shortly. Should I wait until after my procedure to start rehabilitation?

Not necessarily. Receiving treatment before surgery can help maximize blood flow and mobility in the area of concern. Physiotherapists can also provide precautions, exercises, and other guidance to help you get a head start on the healing process.

What will my treatment plan consist of?

Each patient receives a customized treatment plan based on their specific case. When you come in for your first appointment, you will work with the physiotherapist to establish your treatment plan.

Modalities used during a physiotherapy appointment can include acupuncture, dry needling, cupping, massage, and other beneficial therapies.

At Heritage Fitness, you will never be treated by a physiotherapy assistant. You will be treated by a physiotherapist at every appointment.

Do you want to live pain-free? Do you want to keep your muscles and joints in peak condition? We can help. Contact Heritage Fitness today at 613-253-2112 to book a physiotherapy appointment.

