

What do physiotherapy programs include?

Your physiotherapy program may include:

- Information and education.
- Physical exercise.
- Loosening up and stretching of the muscles and joints.
- Strengthening of muscles.
- The use of acupuncture, ultrasound, lasers or other equipment.
- Application of heat or cold.

Can I refuse examination or treatment?

Any time during the first visit or later treatment sessions, you may refuse an examination or treatment if you do not understand it or if it makes you uncomfortable. Tell your physiotherapist if you are in pain or uncomfortable.

What information should I understand?

You should be sure you understand the answers to the following questions:

1. What is my injury or condition?
2. What treatment will my physiotherapist provide and how will it improve my condition?
3. When will I see results? If you don't see results after a few treatments ask why.
4. Are there any exercises I should do at home?

What should I do if I am not satisfied with my physiotherapist?

Successful physiotherapy is based on good communication between you and your physiotherapist. If you are not happy with your treatment, you should tell your physiotherapist.

Your physiotherapist may not be aware there is a problem unless you tell them. If after discussing your concerns you are still not satisfied, you could ask to speak to the clinic owner or department supervisor.

Your concerns can also be directed to the Registrar at the College of Physiotherapists of Manitoba (see the next section).

Who oversees physiotherapists?

In Manitoba all physiotherapists must be registered with the College of Physiotherapists of Manitoba. The practice of physiotherapy is governed by *"The Physiotherapists Act"* which sets standards for registration and practice. Currently, legislation changes are occurring that will affect the practice of physiotherapy in Manitoba. Up to date information on this can be obtained by contacting the College directly.

The College looks into all complaints that are made to it in writing. If you have questions about physiotherapy practice, please contact:

The College of Physiotherapists of Manitoba
211 – 675 Pembina Highway
Winnipeg, Manitoba R3M 2L6

Phone: (204) 287-8502
Fax: (204) 474-2506
Email: info@manitobaphysio.com
Web site: <http://www.manitobaphysio.com>

WHAT IS PHYSIOTHERAPY?

Answers to common questions about physiotherapy.



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What is physiotherapy?

Physiotherapy is the treatment and prevention of physical injuries and movement problems.

Education and preventative measures help patients gain the highest possible level of independent function.

A physiotherapist is sometimes called a physical therapist. The terms mean the same thing.

Where does physiotherapy fit into your health care?

Physiotherapists work in a wide range of settings and with other health care providers. Patients can access physiotherapy directly on their own or in some cases patients may be sent to a physiotherapist by their doctor or dentist. Physiotherapy patients range from babies and children to adults and seniors.

Why should I see a physiotherapist?

Some of the more common problems a physiotherapist helps with are the treatment of:

- Injuries such as strains and sprains which require immediate care for swelling, tenderness and pain.
- Rehabilitation of muscles after fractures or other injuries.
- Neurological problems such as a stroke, Parkinson's, or head injuries.
- Cardio-respiratory illnesses such as emphysema, cystic fibrosis, or heart attack.
- Jaw problems.
- Injury prevention.

What training do physiotherapists have?

Physiotherapists must complete a university program and meet strict standards before practicing. A physiotherapist must be registered by the College of Physiotherapists of Manitoba.

What is a physiotherapist qualified to do?

Your physiotherapist is educated to assess your condition and tell you how physiotherapy can help you.

A specific physiotherapy program is recommended to help improve your condition. It may include a treatment plan in the clinic or hospital with education and a home exercise program. Your physiotherapist will then help you carry out this plan.

What should I expect on my first visit?

On your first visit your physiotherapist reviews your injury or condition and plans a treatment program for you. This includes the following:

- You are asked questions about your present condition and health history.
- A physical examination is done to assess your injury or condition-this can sometimes temporarily increase your pain.
- Your physiotherapist reviews with you what was found during the assessment and discusses the recommended treatment goals and program.
- You agree or disagree to treatment before it starts.

What kinds of questions are asked?

Various questions about your condition and how it occurred are asked. Your health history helps the physiotherapist understand your current condition. They may ask you for information about:

- The nature of the pain, such as location and intensity you are currently experiencing or have had in the past.
- Your personal and family health history.
- Any medications you are taking.
- Any treatments you have had recently or in the past.
- The physical requirements of your job and lifestyle or leisure activities that may affect your condition or treatment.

What does the physical exam include?

The physiotherapist does a physical evaluation. Changing or removing clothing may be required to see the problem area.

Your physiotherapist may touch the problem area to see if there is any tenderness, swelling, or heat. Using their hands, they may test the problem area to see if weakness exists, if movement is limited, and how much pain there is.

What happens next?

The physiotherapist tells you what your condition is and what physiotherapy can do for you. They tell you what you can expect to happen from treatment. You should ask questions if something is not clear. If you agree with the proposed treatment, a program is set up for you.