



College of
Physiotherapists of
Manitoba

In Touch

November 2025



Message from the Registrar

As we wrap up the year, we want to extend warm wishes for a peaceful holiday season to everyone celebrating in December—regardless of tradition or faith. This time of year reminds us of the importance of inclusivity and respect for all traditions and perspectives.

This month's newsletter includes information related to the Practice Direction Titles, Credentials and Specialty Designations with regards to the term Advanced Practice and an important review of the new guideline for registrants focused on Trauma Informed Care. These resources are designed to support excellence and clarity in practice, so please take a moment to familiarize yourself with them.

As we approach the end of the year, please keep an eye out for upcoming renewal information. Your continued engagement is invaluable, and we wish to thank all of the volunteers at the college for their time this past year. As we move forward, we look forward to working together to strengthen trust and advance Councils vision and mandate for 2026.

Happy New Year wishes from all of us at CPM.

Jennifer Billeck
Registrar/Executive Director

Land Acknowledgment



The College of Physiotherapists acknowledges that Manitoba is located on the Treaty Territories and ancestral lands of the Anishinaabe, Anisininiw, Ininiw, Dakota, Dene, and Nehetho Nations. We also acknowledge that this land is the National Homeland of the Red River Métis.

We acknowledge that Winnipeg's water is sourced from Shoal Lake 40 First Nation. We respect the Spirit and Intent of Treaties and remain committed to working in partnership with First Nations, Inuit, and Red River Métis people in the spirit of truth, reconciliation and collaboration.

We are Excited to Welcome Rosemary Nchinyei as Our first Communications Coordinator!

Rosemary brings a passion for storytelling, a keen eye for detail, and a genuine enthusiasm for building strong connections with our community.

In this casual role, she will help shape our voice across all communications, share stories about our work, and keep our audiences informed and engaged. Her creativity, enthusiasm, and fresh perspective will be a wonderful addition to the CPM team. We are excited to see the great ideas and energy she will bring to our projects.

Please join us in extending a warm welcome to Rosemary!



UWinnipeg PACE

7,382 followers

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"Everything I learned in the classroom translated directly to my internship."

That's how [Rosemary Paring'iro](#), a Fall 2024 graduate of the Public Relations and Strategic Communications Diploma at PACE, describes her experience.

She completed her internship at the College of Physiotherapists of Manitoba, where she had the opportunity to apply key communication strategies in a professional environment that was both positive and supportive.

From media relations to strategic messaging, Rosemary was able to put theory into practice.

"PACE offers a very practical learning experience. The instructors brought real-world insight that made every lesson applicable to the field."

One memorable course was Media Relations with Chris Albi, where students engaged with media professionals in a dynamic, newsroom-like setting.

Explore how PACE bridges the gap between classroom learning and real-world success: <https://lnkd.in/gtR8ES-n>

[#InternshipStories](#) [#PublicRelations](#) [#StudyInTheHeartOfCanada](#)



Titles Credentials and Specialty Designations – Advanced Practice

The College is aware there are courses available for physiotherapists in the United States for “Advanced Practice” designation. The Legislative Committee and the Council of the College previously engaged a student to review “Advanced Practice Physiotherapy”. The outcome of this review was published in the November 2023 version of the College’s *In Touch* newsletter. When looking at the use of the term Advanced Practice Physiotherapy (APP) in Manitoba, the article states, “The discussion of the term APP has circulated in our community as we negotiate to move under the RHPA. However, Canada does not have a consensus on how this term should be defined, how it should be used, or what is the framework for gaining this title APP. The legislative committee and council are committed to monitoring the topic over the next few years.”

In discussion with the Legislative Unit, as we prepare to move under the Regulated Health Professions Act, the government has been very clear that physiotherapists cannot use this term to delineate a registration category or title as there is no concrete framework to define the granting of this designation in Canada and Manitoba. At this time, physiotherapists in Manitoba cannot advertise this credential or use this title in physiotherapy practice.



New Entry to Practice Examination

At the October 30, 2025 meeting, Council formally adopted the single national exam offered by CAPR as the entry to practice requirement in Manitoba. Information on the Canadian Physiotherapy Examination can be found on the vendor, the Canadian Alliance of Physiotherapy Regulators (CAPR), [website](#).

Our New Location

CPM has settled into the shared space at 210 Commerce Drive.

The Centre for Professional Regulatory Collaboration also houses the College of Registered Nurses of Manitoba, the College of Registered Psychiatric Nurses of Manitoba, the College of Pharmacists of Manitoba, the College of Midwives of Manitoba and the Manitoba Association of Registered Respiratory Therapists.

The College would like to thank all registrants for their patience during the move.

Our new contact information is:

College of Physiotherapists of Manitoba
210 Commerce Drive
Winnipeg, MB R3P 2W1
P: [204.287.8502](tel:204.287.8502) F: 204.474.2506
E: info@manitobaphysio.com



New Resources for Manitoba Physiotherapists

Since the October In Touch newsletter was shared, a few new resources have been added to the website that we would like to draw registrant's attention to:

- 1) [New Registration and Licensing Direction: Disclosure of a Condition or Disorder](#)
- 2) [Medication Guideline for Manitoba Physiotherapists](#)

Both resources can be found on the [College website](#) under the For Physiotherapists tab on the Practice Directions/Policies page.

Pelvic Health (Internals) and Pelvic Health (Artificial Openings) Notations

The Pelvic Health notation is now in effect with the transition period ending October 1, 2025. The College has provided an updated guide for the notation in the [Professional Development and Committee Portal](#).

Pelvic Health Notation Resources

[Mentorship Agreement Pelvic Health](#)



[Pelvic Health Communication](#)



[Pelvic Health \(Internal\) Application](#)



[Pelvic Health \(Artificial Openings\) Application](#)



This updated resource clearly outlines the requirements for the notation including the formal mentorship hours and answers some frequently asked questions regarding the notation requirements. Registrants can also find the Pelvic Health Mentorship Agreement in the portal as well.

Please note: If you have not been granted the Pelvic Health (Internals) notation, you cannot practice internal pelvic interventions including assessment and treatment in your practice.





Practicing Trauma-Informed Care in Physiotherapy

Trauma-informed care (TIC) is shifting the focus from “What’s wrong with you?” to “What happened to you?” This approach recognizes the profound impact of trauma on a patient’s health and well-being. By understanding a patient’s past and present experiences, physiotherapists can foster trust, respect autonomy, and create healing-oriented environments that may enhance treatment outcomes and patient engagement.

To practice TIC effectively, physiotherapists should educate themselves on trauma’s effects, recognize signs like anxiety or avoidance, and apply the six key principles: safety, trustworthiness, peer support, collaboration, empowerment, and cultural sensitivity. This ensures care is compassionate and equitable, aligning with ethical standards and professional expectations

Avoiding re-traumatization is critical. Physiotherapists must ensure ongoing informed consent, use patient-centered language, and facilitate and advocate for referrals to appropriate disciplines (i.e. Mental Health Practitioner) when needed. Sensitive screening for trauma subjective history should be voluntary, ensuring patients feel safe and respected without pressure to disclose personal details.

Ongoing education and advocacy for trauma-responsive clinic policies are encouraged for integrating TIC. By documenting care ethically and promoting transparency, physiotherapists can build trust and empower patients, creating safer spaces for healing.



To learn more about TIC please visit the following resources:

<https://collegept.org/2025/04/14/how-to-make-your-practice-trauma-informed/>

<http://www.cpta.ab.ca/>

The Trauma Informed Guideline can be found in the [Professional Development and Committee Portal](#) under the General Resources section.

Dry Needling Review

The CPM Council met on October 30, 2025, and reviewed the summary of information on dry needling gathered through the registrant survey, focus groups and a jurisdictional scan of the management of dry needling rostering across Canadian physiotherapy regulators. The Council has reviewed the information and tasked College staff with splitting the Practice Directions for Acupuncture and Dry Needling including setting and developing the requirements for a separate Dry Needling roster. Once this project is completed, Council will review the proposed changes in 2026 for final approval. Registrants can expect to hear more about this change to separate rosters and the requirements for Dry Needling after Council’s final review.

Please Note: Until further communications from the Council the current [Practice Direction Acupuncture and Dry Needle Therapy](#) remains in effect. The requirements for the Acupuncture roster and Dry Needle practice in Manitoba have not changed at this time.

“The Path Forward”

At CPM, we are dedicated to fostering a meaningful commitment to Truth and Reconciliation. Acknowledging and honoring the truths of Indigenous peoples is foundational to our values. The College of Physiotherapists of Manitoba would like to thank Nadya Crossman-Serb for the captivating work she accomplished in collaboration with Synonym Art Consultation on her mural, The Path Forward.

The piece guides all visitors through the reception area and into the public space of our new shared office, the Centre for Professional Regulatory Collaboration, symbolizing connection, community, and the shared values that unite Manitoba’s health regulators.

To learn more about the mural, please visit our [Truth and Reconciliation Page](#).



Continuing Competency Program

Seeking Volunteers for a Pilot of the New Competency Screening Interview

Submitted by Rhona McWilliam, PT Continuing Competency Coordinator

The Continuing Competency Program (CCP) is conducting a pilot study in the first half of 2026 with the aim making a more time-efficient and cost-efficient tool to reach a larger volume of registrants annually. A Competency Screening Interview (approx. 30-45 minutes) is being developed to determine whether a registrant requires a more in-depth assessment of their practice (Practice Audit). Interviews will be conducted between February and April of 2026. Initial plans for the Competency Screening Interview have led to the development of 3 main sections of the interview: questions about learning activities and practice reflection; questions related to a self-chart review; and finally behavioural-based questions focused on the Practice Directions, Code of Ethics and relevant Physiotherapy legislation that allow registrants to apply these standards to examples in their own practice.

I am seeking for volunteers (clinical or non-clinical) to participate in this pilot. Your involvement in the pilot will allow you the opportunity to provide feedback and suggestions that will impact the ongoing development and refinement of the interview questions, prompts, and scoring.

If you are interested in volunteering in this pilot, please submit your interest via email to ccc.cpm@manitobaphysio.com. Thank you in advance for considering this opportunity.



Call for Participants:

Research on Anti-Black Racism in Physiotherapy Admissions

Submitted by: Oyin Otubusen, Physiotherapist, PhD Candidate in the Faculty of Education at the University of Manitoba (supervised by Dr. Merli Tamtik)

Oyin is the principal investigator of the study outlined below which has been reviewed and approved by the University of Manitoba Research Ethics Board to ensure it meets ethical standards for studies involving human participants.

Oyin is inviting *Black adults to participate in their doctoral research study examining institutionalized anti-Black racism within the admissions processes of Canadian physiotherapy programs. Registrants' insights may help inform the development of more equitable and transformative admissions practices for Black individuals seeking entry into these programs. Participation involves a virtual interview of up to 60 minutes (with questions shared beforehand). Participation is voluntary, confidential, and can be withdrawn from at any time without penalty or consequence. Following registration and completion of a consent form, volunteers will receive a \$30 electronic gift card by email. Please contact the investigator for more information on the options for the gift cards. Registrants may be eligible if they:

- Are 18 years or older
- Self-identify as Black*
- Applied to or were enrolled in a Canadian physiotherapy program from 2010 onwards
- Are proficient in verbal and written English

Interested or have questions? Please email Oyin Otubusen at ogunlan3@myumanitoba.ca.

For additional inquiries, contact Oyin's advisor, Dr. Merli Tamtik, at merli.tamtik@umanitoba.ca.

Recruitment closes January 6, 2025.

Oyin thanks registrants for considering participating in this study!

*Black refers to people of African descent, including Afro-Indigenous, Black Indigenous people, Black Scotians, African Nova Scotians, Black Canadians, and others who identify with their African ancestry. This includes Black women (cis and trans), Black people with disabilities, and 2SLGBTQIA+ people who are Black.

Change of Information: Obligations of Membership

Please note that as per CPM By-Laws Article II: Members; VI. Obligations of Membership, all members shall: 6.1 Notify the Registrar of change in name, mailing and email address, place of employment and membership status; This can be completed in the following ways: 1. If you have any changes to your personal information, such as address, phone number, email, or employer - you may log into the CPM website Portal and submit these changes, or contact the CPM office at (204) 287-8502 or info@manitobaphysio.com. 2. If you wish to change your name with the College, please submit a letter indicating: a. the current name you have registered with the College b. the name you wish to have registered with the College and the supporting documentation (i.e. a copy of your marriage or divorce certificate, name change document, etc.)

Active vs In-Active Register

If you are on a leave of absence or not practicing physiotherapy, you are not eligible to be on the Active Register. You must contact the College to switch to the In-active Register. If you are presently on the In-active Register and planning to return to work, you must contact the College in order to change your registration status to the Active Register prior to returning to work. Please give yourself, your employer(s), and the College sufficient time to process your documents. A list of required documents is available on the CPM website under Registration, [Active Practice - Transfer from Inactive.](#)