

# PHYSIOTHERAPY AT SUMAC CREEK

## WHAT IS PHYSIOTHERAPY?

Physiotherapists are rehabilitation professionals who work with you to optimize your mobility and ability to participate in functional activities. By combining their knowledge of the body with specialized hands on skills, they assess, diagnose, and treat symptoms of illness and injury.

## HOW CAN PHYSIO HELP ME?

Physiotherapy can help in many ways:

- Increasing the range of motion available at your joints
- Strengthening muscles
- Recommendations for pain management
- Education about self management of your condition
- Occupational re training
- Recommendations for assistive, supportive, and protective devices

## WHY SHOULD I PARTICIPATE?

Physiotherapy can help you become more fully engaged in your everyday activities! It is about understanding the unique factors that present as limitations to you and working closely with you to help you manage those limitations all with the ultimate goal of working towards your own personal goals.

## I'M READY FOR PHYSIOTHERAPY ... NOW WHAT?

### What is my role as a client?

- Be prepared to adhere to your prescribed home exercise program - doing exercises independently at home is required in order to progress your physiotherapy treatment
- Your physiotherapy treatment will require active participation through techniques such as muscle testing and range of motion exercises
- Consider your personal goals: what do you hope to achieve from your physiotherapy treatment?



### How can I prepare?

- Come to your first appointment 15 minutes early to fill out required paperwork
- Wear or bring comfortable, loose fitting clothes: consider your injured area and ensure it will be accessible to treat by your physiotherapist (shorts, tank top, etc.)



### What should I expect?

- Your first visit will be about 1 hour, follow up visits will be 20-30 minutes
- Your physiotherapist will take a history to better understand your condition as well as past injury and medical history
- A physical assessment will be performed to observe how your body moves and help develop a management plan
- You will be prescribed a home exercise program based on your needs
- Treatment will also include education about self-management of your condition

## CONTACT US

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**If you are unable to attend  
your appointment, you must  
cancel at least 48 hours in  
advance of your appointment**

