



# PHYSIOTHERAPY

Physiotherapists are movement specialists. They are experts in how your body moves, what stops it from moving and what is required to return you to optimal function. Your Physiotherapists will work with you to help you take back control of your movement and function.

## Who are Physiotherapists (PT)?

Physiotherapists are primary care providers. This means that you do not have to wait for a referral from your physician to start getting help when you are faced with a pain or dysfunction. They are trained to assess, diagnose and treat a variety of muscle, bone, nerve, and cardiorespiratory conditions and will refer appropriately if further care is required. PT's understand that simply treating a persons physical health will not have a lasting change in overall function and that is why they assess you as a whole and apply a very individualized approach to your care.

## What do they do?

After completing a comprehensive clinical assessment and discussing what you want to achieve from treatment they will:

- Explain the cause of your pain/dysfunction and how to prevent it in the future.
- Provide you with strategies that you can do to decrease your symptoms, maintain/improve muscle strength and range of motion and optimize function.
- Prescribe appropriate therapeutic exercises and activities.

## What conditions do PT's treat?

PT's excel at treating a variety of injuries, conditions and compensation strategies. Please refer to our website or Physiotherapy Alberta ([www.physiotherapyalberta.ca](http://www.physiotherapyalberta.ca)) for a full list of services.

If you have pain or difficulty moving and want to keep your mobility, independence and function without relying on pain medication or resorting to surgery, let our skilled professionals be a part of your health care team.



ELEVATION HEALTH

**BENEFITS:**

RESTORE  
MOVEMENT

DECREASE PAIN

INCREASE  
INDEPENDENCE

PREVENT  
DYSFUNCTION

RESTORE FUNCTION

**ELEVATION HEALTH**

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