



## PHYSIO CAN HELP

Joyce

When Joyce was she was diagnosed with rheumatoid arthritis (an autoimmune disease that primarily affects your joints), she was a young woman with children. It impacted her life significantly. Daily tasks, and working at her job became challenging. Now in her sixties, she looks back on her journey and realizes her choices along the way - engaging a physiotherapist early on and working with a specialized care team - have made all the difference in her overall health. For many years, Joyce has been drug free and in remission. Today, she's enjoying life and is a very active grandma.

Arthritis refers to more than 100 related conditions affecting people's joints. It can strike anyone at anytime, regardless of age, physical condition or ethnic background. Overall, arthritis affects more women than men, and more than 4.6 million Canadians aged fifteen and older report having arthritis. The most common arthritis symptoms include joint pain and swelling, and it can interfere with an individual's ability to manage daily activities.

Find a Physio at [www.bcphysio.org](http://www.bcphysio.org)



## PHYSIO CAN HELP

Collin

In 2012, Collin was in a car accident that left him in chronic pain. After the accident, just doing everyday tasks left him debilitated, and he was unable to play music or play with his children.

He started a physiotherapy regime that includes intramuscular stimulation (using acupuncture needles to release tight muscles) and has seen significant improvement, and is now getting back to doing the things he loves.

One in five British Columbians live with chronic pain. The condition impacts a wide range of people across a broad demographic, and is complex condition to treat. Living with chronic pain can impact people's professional and personal lives, as well as their mental health. Compounded with growing concern about opioid use in Canada, seeking out non-pharmacological treatments for chronic pain is critical for British Columbians. Physiotherapy offers a healthy and evidence based alternative treatment approach for long term pain management.

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## PHYSIO CAN HELP

Denise

Ten years ago, while in her twenties, Denise was diagnosed with an aggressive and severe form of psoriasis/arthritis (a chronic and debilitating inflammatory disease which impacts the skin and joints). Within a year, she was confined to a wheelchair, unable to walk, bathe or feed herself. Her whole world was turned upside-down.

She turned to physiotherapy as one of the key components of her treatment, and is back to leading an active and healthy life. She credits physiotherapists' intimate knowledge of movement and body systems to her success in managing her condition.

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## PHYSIO CAN HELP

Donna

Donna was diagnosed with Parkinson's Disease after losing motor control during a routine walk in the park with a friend. She has been attending boxing classes specifically for Parkinson's patients, and has benefitted greatly from incorporating physiotherapy into her treatment.

Physiotherapy guided movement therapy and exercise can have a huge effect on increasing balance, mobility, independence and confidence in a patient's life. More than 100,000 Canadians have Parkinson's disease, with 13,000 of those living in BC. People living with Parkinson's disease have the highest use of prescription medications. Physiotherapy helps with mobility, flexibility and balance and can improve symptoms such as loss of balance, loss of hand and arm or leg and foot function, walking, spasticity and pain. As most neurological conditions are often progressive in nature, Physiotherapists can offer advice and treatment for problems which occur at any stage of the condition.

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## PHYSIO CAN HELP

Georgia Simmerling

2010 Vancouver Winter Olympics Alpine Skiing National Team  
2014 Sochi Winter Olympics Ski Cross National Team  
2016 Rio Summer Olympics Bronze Medalist, Cycling Team Pursuit

Recovered from a broken wrist in 2015 to go on to compete in Rio.  
The first Canadian athlete to compete in a different sport at three different Olympic Games.

Physiotherapist: PABC member Damien Moroney

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## PHYSIO CAN HELP

Rick Hansen

Founder & CEO, Rick Hansen Foundation  
Rick Hansen is a Canadian icon who has dedicated his life to creating a world that is accessible and inclusive for all. Best known as the "Man in Motion" for undertaking an epic two-year year 40,000 km journey around the world in his wheelchair, Rick is also a three-time world champion, nine-time Pan Am gold medalist, and three-time Paralympic gold medalist. Now the Founder & CEO of the Rick Hansen Foundation, an organization committed to creating a world without barriers for people with disabilities, Rick and his team work hard to change attitudes, create accessible spaces and liberate the amazing potential of people with disabilities.

Physiotherapist: PABC member Linda Calvert

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## PHYSIO CAN HELP

Lindsay Jennerich

2012 London Summer Olympics Rowing, Lightweight Double Sculls - Women  
2016 Rio Summer Olympics Silver Medalist  
Rowing, Lightweight Double Sculls - Women

Trains out of Canadian Sports Institute Pacific in Victoria.  
Physiotherapist: PABC member Sue Lott

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