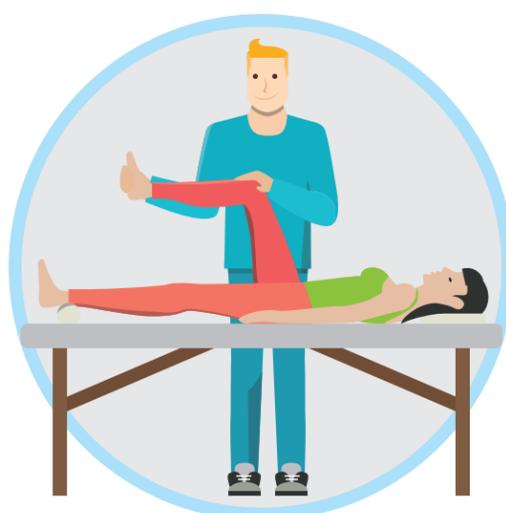


WHO ARE PHYSIOTHERAPISTS?

Physiotherapists are Masters-trained healthcare professionals who use evidence-based information to help patients live a healthier lifestyle. You do not need a doctor's referral to see a physiotherapist. Physios have clients of all ages.



WHERE DO PHYSIOS WORK?

- Private practice: private clinics in your neighbourhood.
- Public practice: in hospital settings working closely with doctors, nurses, OTs, pharmacists and other members of the healthcare team.
- Primary care team: These are the medical professionals that you see to help diagnose and treat your injury or condition e.g. physiotherapist, family doctor or pharmacist.

HOW DO PHYSIOS HELP?

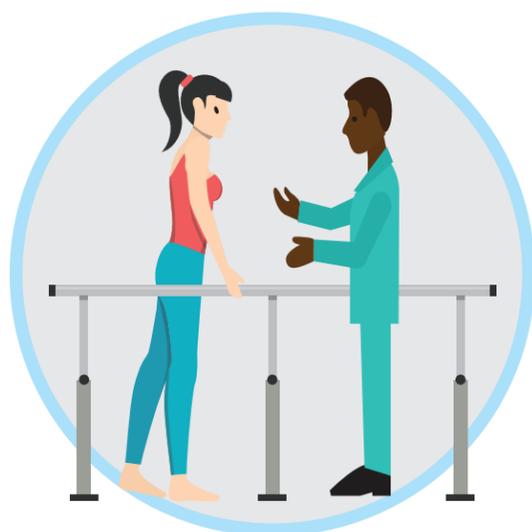
They may use manual therapy (hands-on care), exercise therapy (injury-specific programs), or modalities such as ultrasound (to promote and enhance tissue healing).

Physiotherapists are uniquely qualified to assess, improve and maintain your functional independence and physical performance.

HELPING YOU MANAGE PAIN

Physios can clarify multiple causes of pain and the impact it has on your life. They work with you, and with other healthcare professionals, to optimize your mobility and manage your pain.

**FIND A PHYSIO
BCPHYSIO.ORG**



PREPARING FOR & RECOVERING FROM SURGERY

Physios can help you prepare for surgery so that you are stronger when you go in for the surgical procedure.

Physios can also help you recover or better manage your condition, so that you can get back to doing what you love.

PREVENTING & RECOVERING FROM INJURIES

Physios can help you improve your strength, agility, mobility, and coordination as you prepare to be a weekend warrior or high-level athlete.

Physios can also help you recover faster after injuries sustained in the workplace or as a result of a motor vehicle crash.

IMPROVING BALANCE & PREVENTING FALLS

Falling can be devastating and result in many injuries and potentially result in a hospital stay. Physios can help you improve your balance and strength to help prevent a fall.

Physios can also help you recover faster after a fall or injury.