

Physiotherapy Services

Physiotherapy Assessment: An assessment will include a thorough subjective history and objective physical examination of the patient to determine the cause of the problem. A detailed referral including test results is essential to providing quality care.

Physiotherapy and Athletic Therapy Treatment: Treatment may include a variety of physiotherapy modalities (ultrasound, neuromuscular stimulation), acupuncture, manual therapy (massage, passive stretches, and joint mobilizations), education (home stretching, posture, strengthening exercises), ice, heat.

Sports Injury Treatment: Realizing the importance of returning to your sport, we will provide the rehabilitation program specific to the needs of each athlete at any level of ability. Individualized exercise programs are developed to help build strength, flexibility and endurance. The goal is to return the patient to a maximum level of function.

Pre and Post-Surgical Rehabilitation: Important for most knee surgeries, hip replacements and knee replacements.

Early injury Assessment: Have an injured worker and need to know what duties they can or cannot perform? Partner with us to provide your worker with an early assessment by a physiotherapist who understands your business and jobs. They will assess the injury, provide treatment recommendations, and complete a functional abilities form, so you can plan for early return to work on light or modified duties.

A worksite visit to understand your business and jobs will provide a baseline for understanding the demands on your worker. It will provide us with an ability to recommend modifications, ergonomic improvements, and safe body mechanics training. The more job-specific information we have, the more specific recommendations we can make. Physical or job demands analyses for each job are recommended (we can provide these for you if you do not already have them). Workers may further consult with their physician and receive any appropriate therapies of choice as they wish and are not required to attend our clinic for ongoing treatment unless they so desire.

Pre-Work Screening: A post-offer pre-work screen will assure you that you are investing in an employee physically fit to perform your job. Administered only by specially trained and certified professionals, a pre-work screen tests the physical demands specific to the job you are hiring to. Performed at our place or yours (depending on equipment needs), a physical job demands analysis is required in order to devise the test, administered for each new hire.

Work Challenges: On occasion functional testing is not sufficient to determine a client's endurance for prolonged repetitive or static tasks. For clients in the work hardening program, work challenge days are interspersed (where the client performs that task for their entire program day) to assess tolerance.

Where a case manager has already identified strength as sufficient but endurance remains a question, 1-3 day work challenge can be arranged to answer those questions. An assessment is required to establish a good understanding of the client's current physical condition and job demands.

Acupuncture. This treatment modality works on the basis of releasing endorphins; the body's natural pain relievers and can be highly effective in the treatment of painful conditions.

Footwear Recommendations. Many foot, lower extremity and lower back problems may be caused by improper footwear. We will examine your feet as well as your footwear and provide recommendations.

Exercise Programs. Stretching, strengthening and core stability programs to assist in better general function or to help achieve a specific athletic goal.

Pre and Post Surgical Rehabilitation. Important for most knee surgeries, hip replacements and knee replacements.

Balance and Coordination Sessions. Most athletic activities require good balance and coordination. As well as people age they lose these skills and falling may become a serious problem. These systems can be trained at all levels.