

# May is

# Physiotherapy Month

## Physiotherapists do that!

May is National Physiotherapy Month in Canada and it's the perfect time to learn about the valuable contributions physiotherapists and physiotherapist assistants make to the health and well-being of Canadians.

- Are you in pain and in need of therapeutic exercises so that you can feel better and heal? **Physiotherapists do that!**
  - Do you need your movement restored so that you can live more independently? **Physiotherapists do that!**
  - Are you living with a chronic condition that robs you of your physical energy and in need of strategies to maintain and maximize your strength and movement? **Physiotherapists do that!**
  - Do you want to know what is causing your movement to be restricted and learn what you can do to restore your physical function? **Physiotherapists do that!**
  - Do you require assistance with prescribed exercise programs you can carry out at home? **Physiotherapist assistants do that!**
- Physiotherapists are able to:
- Treat the root cause of movement disorders
  - Provide differential diagnosis
  - Prescribe individualized therapeutic treatment plans
  - Apply preventative techniques that go beyond offering only temporary relief of symptoms

Physiotherapy assistants are able to:

- Apply hot and cold therapies to assist with pain relief
- Review prescribed exercises
- Note observed changes in your ability to move

Access to a physiotherapist is easy and does not require a physician referral. Learn more and find a physiotherapist near you at [www.physiotherapy.ca](http://www.physiotherapy.ca).

Whether it's allowing an older adult to gain the strength and mobility needed to remain living independently, returning someone to work and health following an injury, or restoring movement and allowing a child with a fractured ankle to return to play, **physiotherapists do that!**

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