



WHAT IS PHYSIOTHERAPY?

Physiotherapy is a health care profession that provides service to evaluate, maintain and restore optimal physical health function. Physiotherapy can involve both active and passive forms of care to help clients in the rehabilitation process.

Active care involves teaching and assisting clients to perform various physical activities including stretches, low-impact aerobic exercise, and exercises for strengthening and pain relief to assist with the healing process.



Passive care involves the use of non-invasive, specialized equipment to provide physical stimulation to assist in the healing process. Some common modalities used by physiotherapists in passive care include heat and cold, ultrasound, and transcutaneous electrical nerve stimulator (TENS) machines.

WHY CHOOSE PHYSIOTHERAPY?

Through assessment and care planning, a physiotherapist is able to promote, protect and improve your physical health in a wide variety of ways including:

Elimination or reduction of pain in areas including back or neck, or joint pain such as hips, knees, ankles, wrists, elbows or shoulders

- Prevention and treatment of sports injuries;
- Restoration and helping to increase range of motion in your joints
- Increase your body awareness and coordination
- Provide counsel and education in some aspects of pre- and post-natal care
- Assist in designing safe home and work place environments
- Provide education in the safe and correct use of assistive devices such as canes, crutches and wheelchairs
- Help injured individuals return to work successfully

PHYSIOTHERAPY AT THE BODYMEND WELLNESS CLINIC

Our Physiotherapist at the BodyMend Wellness Clinic works collaboratively with you and our interdisciplinary team of health professionals to create a plan of care that will work for you and meet your unique health needs. Our goal is to be ...

“mending you back to better health”



188 Main Street S, Unit # 8, Brampton, ON L6W 2E2

T. 905 456 8196

bodymend.ca

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