



Physiotherapists:  
The Body Specialists

# Physio Tips

WHAT DO  
PHYSIOTHERAPISTS  
DO?

Physiotherapy Association of BC

## What do physiotherapists do?

Physiotherapists assess and analyze the effect of illness, disability, injury and inactivity and develop specific treatment plans based on their assessment and the individual client's goals.

### Physiotherapists:

- Assess a Client's level of mobility, strength and endurance
- Diagnose their condition and develop a treatment plan to restore movement and reduce limitations, including pain
- Prescribe and demonstrate specific therapeutic exercises, monitor the Client's progress over time, and adjust their treatment according to their needs and preferences
- Prepare the Client for independence with advice on how to manage the condition, including education on complications and prevention of a recurring problem.

Physiotherapists treat a broad range of conditions that affect the musculoskeletal, circulatory, respiratory and nervous systems. Here are some of the ways physiotherapy can help through therapeutic exercise, manual therapy, electrical modalities and a range of techniques.

- Treat and manage neck and back pain and other joint injuries
- Address physical challenges associated with pain, arthritis, repetitive strain injury, (such as tennis elbow), etc.
- Treat sports injuries and provide advice on prevention and recurrence
- Provide post surgical rehabilitation including joint replacement

- Maximize mobility for clients with neurological disorders such as stroke, and spinal cord injury
- Treat children with paediatric conditions such as developmental delay, fractures and cardiorespiratory conditions
- Assist in the management of incontinence
- Provide pre- and post-natal care and other women's health conditions
- Help manage the physical complications of cancer and its treatment
- Treat and manage respiratory and cardiac conditions and provide cardiac rehabilitation following a heart attack or cardiac surgery.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.



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