

What Will My Treatment Involve

- ✓ **Assessment**-identify problems through examining your posture, movement patterns, muscle nerve and joint function , while considering past medical history and current health problems.
- ✓ **Treatment**- would include:
 - Education – on injury/disease - on contributing environmental factors
 - Exercises – specific for each problem - incorporated into functional movements
 - Manual therapy and soft tissue techniques – to help promote the healing process
 - Modalities (Machines)- to help reduce pain swelling and stimulate healing–ultrasound, TENS
 - Acupuncture
 - Work retraining
 - Supportive and protective devices – Orthotics, braces
 - Ergonomic advice –ensure work place or home is appropriately suited to you and you to the environment

For more information or, should you require physiotherapy treatment, please contact

Physiotherapy Plus

150 Duke St.

Miramichi, NB E1N 1H8

Phone: 778-1890

Fax: 778-1892



PHYSIOTHERAPY. IT'LL MOVE YOU

River Rehabilitation Services

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Physiotherapy



What You Should Know

Look inside to see how Physiotherapy can help you to..

- Get the most from your body
- “You don’t need to put up with your aches and pains”
- Stay active and Healthy

Who Are Physiotherapists

Physiotherapists prevent or lessen some of the physical problems that are associated with injury, disease, disability. Physiotherapists understand pathology and prescribe appropriate treatment for damaged tissues.

Physiotherapists are concerned with both rehabilitation and prevention. Physiotherapy is used whenever mobility, independence and physical fitness are compromised

We are a Professionally trained Primary Care Practitioner

Physiotherapist's work to restore function using the most recent treatment approaches available – ongoing research helps ensure an evidence based practice

Physiotherapists are Movement Specialists who look at the whole picture of your body

Physiotherapists can help you:

- Become stronger and more flexible
- Increase your freedom of movement and mobility
- Breathe easier
- Reduce pain
- Stay active

prevent injury

Physiotherapy and Orthotics

- **Physiotherapy**- *assessments and treatment*
- **Individual Gym Programs** – *for Seniors, sports enthusiast, general conditioning*
- **Functional Capacity Evaluations** – *performed by a certified Physiotherapist or Kinesiologist*
- **Orthotics** – *Registered Pedorthist on site - Pierre Bujold*
- **Massage Therapy**
- **Job Site Evaluations**
- **Home Visits** – *for seniors or immobile clients*
- **Laser treatment**
- **Acupuncture**

“Physiotherapists help keep you active longer, to improve your quality of life”

Did You Know We Treat

- ✚ Balance/Dizziness problems
- ✚ Bladder control problems (i.e. incontinence)
- ✚ Arthritis
- ✚ Migraines/headaches
- ✚ Breathing problems (i.e. asthma)
- ✚ Neurological Problems (i.e. pinched nerve, stroke)
- ✚ Disc Herniations ,Sciatica and Back pain
- ✚ Joint restrictions – sprains, swelling or after Joint Replacement
- ✚ Heart and Lung problems (i.e. cardiovascular)

“Physiotherapists have a unique position to address preventative health for Canadians through active living”