Physiotherapy

Judith Proulx-Snedden
Physiotherapist, Diploma of sport physiotherapy
Registered International Sport Physical Therapist
Complete Concussion Management Practitioner
CAFCI
The role of a physiotherapist

- Physiotherapy is a health sciences where the role is to work towards gaining maximal physical capacities so the client can perform his or her daily activities, work, practice a sport or leisure all this in relative to his condition and recovery potential.

- Physiotherapy favors therefore the autonomy of the patient by letting him or her stay active in their personal and social life.

- Rewarding because I give them their active life and normal life back! Clients are extremely grateful that were ar making them feel better.
Definition from the World Confederation of physiotherapist

Physical therapy is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention, habilitation and rehabilitation.

This encompasses physical, psychological, emotional, and social wellbeing. Physical therapy involves the interaction between the physical therapist, patients/clients, other health professionals, families, care givers and communities in a process where movement potential is assessed and goals are agreed upon, using knowledge and skills unique to physical therapists. [5]”
Where do we practice?

- Hospitals:
  - Respiratory
  - cardiology,
  - Amputees
  - intensive care
  - Oncology
  - neurology
  - Orthopedic

- Nursing homes
- Schools
- Sports centers
- Sports team
- Private practice
What do we treat

- Sports injuries
- Running assessments, Bike Fit
- Post-surgery
- Post-fracture
- Concussions
- Vertigo and vestibular dysfunctions
- All musculoskeletal injuries, muscles, tendons, ligaments, capsule,
- Joint and mobility dysfunctions; arthritis, degenerative disc disease, disc herniation etc...
- Posture, ambulation
- Motor vehicle accident (whiplash, concussion, low back, fracture, etc.)
- Work injuries (trauma or repetitive, overuse)
- Neurological diseases: radiculopathies, carpal tunnel, Thoracic outlet syndrome
- Neuro-muscular disease
- Women's health: pre and post partum, pelvic health, blocked lactation ducts
First we assess. We play detective.

It’s not just about finding a diagnosis. It’s about finding the why.

First, we perform an in dept assessment that includes:

- Capacity or will to move: a more functional assessment
- Evaluate active and passive range of motion
- Assess muscle strength
- Assess neurological function
- Assess articular or joint mobility
- Assess the athletic movement

This thorough assessment can lead us to the cause of the problem and helps us put together a treatment plan that will aim at treating the source of the problem and not the symptoms.
EDUCATE OUR CLIENTS

If the client understands why he is suffering, the journey to fixing him/her is easier.
MODALITIES

Interferential current

Laser

Radial shockwave therapy

Ultrasound
T.E.N.S and Electrical Muscle Stimulator
Acupuncture
Dry Needling
IMS
Our hands are our most valuable tool.
MUSCLE STRENGTHENING
MOVEMENT EDUCATION
PROPRIOCEPTION
Concussion

- Education
- Reassurance
- Support
- Guidance

- Return to learn and work
- Return to work
Where to find physiotherapy exercises?

- Send your patients to physio!!

- Patient has no insurance: we can do a one-off session to give the exs

- if you are in a physiotherapy clinic, most clinics have access to a platform to create custom exs programs: Physiotec

Applications:
- Rehab Guru
- Physiotrack
QUESTIONS?

Stay Safe and Healthy

PhysioSPORT plus & SPORT MEDICINE CENTER