

# **FAQ**

## **Your first physiotherapy appointment at River Heights Physiotherapy in Winnipeg:**

### **How much time?**

An initial assessment usually requires an hour of your time.

### **What to bring?**

Your physician's name and number, list of current medications, the names and contact numbers of other healthcare professionals you may be consulting, t-shirt and shorts (clinic gowns, shorts and muscle shirts are also available). Running shoes may also be required.

### **What should you expect to happen?**

Information regarding your present health status and present complaints will be taken by your physiotherapist. The appointment begins with a thorough interview about the history and nature of your problem. The physical examination analyzes your movement and posture. The involved joints and muscles are measured for strength, range of movement and the source of any pain. Sometimes temporary soreness can result from the initial assessment and treatment. Don't be worried if this happens.

### **What will you leave with?**

An understanding of your condition, how you can start to manage it and a guideline as to how many visits your treatment may take.

### **What is Physiotherapy?**

Physiotherapy is a healthcare profession directed at evaluating, restoring and/or maintaining physical function.

Physiotherapists have a detailed understanding of how the body works and are university educated. They are trained to assess and improve movement and function. They educate people in how to minimize pain and prevent injury.

Physiotherapists promote good health by encouraging their patients/clients to improve and increase their independence.

### **What types of coverage are available for Physiotherapy?**

Extended Blue Cross covers up to 90% of their fee schedule and the yearly maximum is typically \$450.00

If you had an injury at work accepted by the Workers Compensation Board your treatments will be covered. Manitoba Public Insurance pays for treatment required as a result of injuries caused from a motor vehicle

accident. Sun Life, Great-West Life, Manulife, and other insurance carriers cover physiotherapy services. Please check you or your spouse's insurance plans for details.

Manitoba Health only covers physiotherapy treatment in hospital departments and on a limited basis through Home Care. Unfortunately, there are waiting lists from 2 weeks to 3 months at hospital physiotherapy departments.

## **Do I need a Doctor's referral before I can see a Physiotherapist?**

No, physiotherapists are primary care practitioners. If you have been to your doctor it is helpful if they can provide their diagnosis and pertinent x-ray or lab results. You can be assessed by a physiotherapist first and the results of the assessment and the recommendations are sent to your doctor for their information and comments.

## **How do I know if a Physiotherapist is practicing legally?**

The College of Physiotherapists of Manitoba maintains a current practicing roster. Call or visit their website at [www.manitobaphysio.com](http://www.manitobaphysio.com) Phone: (204) 287-8502.

## **What type of education does a Physiotherapist have?**

A physiotherapist has a 4 or 5 year university degree. As of 2013 most Canadian universities changed the Bachelor of Physical Therapy to a Master's of Physical Therapy. The education and qualifications of a physiotherapist with a Bachelor and Master's degree is the same.

The courses are very detailed in the areas of function, anatomy, physiology, pathology in the medical areas of cardio-respiratory (heart and lung function), musculoskeletal (muscle, bones and exercise/fitness), and neurology (cerebral palsy, strokes, head and spinal cord injuries), consulting (return to work, sports and work injuries) and research (eg. muscle strengthening and rehabilitation).

## **How often should you see your Physiotherapist?**

Everyone is different, but as a general rule an annual appointment prior to your annual doctor's appointment can be very beneficial. It provides both you and your doctor with current information about your physical health status.

Prior to starting a strengthening program to ensure any muscle or joint problems are taken into account to prevent pain or injury.

During a strengthening program to obtain assistance with safe and effective progressions in weights or exercise intensity.

To find out how physical activity and exercise can help you relieve stress and improve emotional well-being.

**Click here to learn more about your specific injury or condition.**

**Click here to find out how our treatment can help you.**

**Call 204-987-9222 or click here to contact us.**