

## About Physiotherapy

The goal of Physiotherapy is to improve function in the human body. Physiotherapists are University trained professionals working in a variety of settings from large hospitals to home visits. Physiotherapists are trained to perform thorough assessments to identify the specific factors causing an individual's pain or dysfunction. A physiotherapist uses the latest research to apply appropriate treatment techniques to facilitate recovery and resolution of the condition. Physiotherapists also serve to prevent injury and pain by identifying those factors that may lead to injury and educate the client in preventing these unwanted occurrences.

At Plessis Physiotherapy, Physiotherapists licensed (through the College of Physiotherapists of Manitoba) perform detailed assessments and up to date treatment techniques to improve our client's conditions. All of our techniques are validated through scientific research, and our Physiotherapists participate in continuing education to keep abreast of the latest concepts.

It is our philosophy to educate our clients on the nature of their injury, the methods used to correct the injury and on ways to prevent another injury. Our clients are encouraged to participate in their rehabilitation program through the prescription of individualized therapeutic exercise programs.