

The Sibley Report

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... the place to find valuable information to help make your job – and your life easier! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call. Sibley & Associates is a national disability management firm with a decade of experience, nearly 300 healthcare professionals and state-of-the-art technology. Our customers benefit from all the advantages a large company has to offer...while also benefiting from the “small business” customer service philosophy of our dedicated Insurance Services Division.

Speeding Up Recovery: How Physiotherapy Fits into Rehabilitation

Have you ever wondered whether one of your clients could benefit from physiotherapy, but you don't feel totally clear on what assistance a physiotherapist can provide? It is important to understand how physiotherapy fits into the rehabilitation process because it might be exactly what your client needs to return to optimal function!

What is Physiotherapy?

Physiotherapy has its foundations in movement sciences and is concerned with the function of multiple body systems and aims to enhance or restore function.

The profession is dedicated to:

- preventing and managing pain, physical impairments, disabilities and limits to participation **and**
- improving and maintaining functional independence and physical performance

Who are Physiotherapists?

To achieve these goals, physiotherapists adopt diagnostic and assessment procedures and tools in order to plan preventative and therapeutic courses of intervention.

These interventions include:

- Therapeutic exercise including testing and conditioning, neurotherapeutic approaches and a carefully selected range of active, passive and assisted exercise
- Soft tissue and manual therapy techniques; including massage, spinal and peripheral joint mobilization and manipulation
- Physical and electrotherapeutic agents like ultrasound, T.E.N.S., muscle stimulation; and acupuncture.
- Cardio respiratory techniques including airway clearance methods.
- Functional activity training and work re-training
- Prescription and application of assistive, adaptive, supportive and protective devices

To illustrate the benefits of physiotherapy in action, please see the attached case study that describes how physiotherapy helped an entire family recover from their injuries, and when to refer for in-home physiotherapy.

Source: Canadian Physiotherapy Association (2000). *Description of Physiotherapy in Canada—2000 and beyond.*