



# Patient Resources For Physiotherapy

# What Is Physiotherapy and How Can It Help You?

Physiotherapy is a movement-based, hands-on approach, to restoring function, reducing pain, and preventing injury.

## What Physiotherapists Do:

- Assess movement patterns and joint mechanics
- Identify the root causes of pain or dysfunction
- Use manual therapy, exercise prescription, and education
- Create personalized rehab and prevention plans

Whether you're recovering from an injury, managing a chronic condition, or simply trying to move better, physiotherapy offers a safe, evidence-based approach to optimizing your body's performance.

## Rehabilitation After Injury or Surgery: The Role of Physiotherapy

Post-injury or post-operative rehabilitation is one of physiotherapy's most important roles.

## Physiotherapy Supports Recovery By:

- Managing pain and inflammation
- Restoring mobility and strength
- Rebuilding balance, coordination, and endurance
- Guiding a safe and progressive return to activity



Common scenarios include ACL rehab, rotator cuff recovery, fracture management, and joint replacement care.

A physiotherapist ensures you don't just heal, but heal well, avoiding long-term limitations or compensations.

## Physiotherapy for Chronic Pain Management

Chronic pain affects the nervous system, muscles, joints, and even mental health. Physiotherapists use a multifaceted approach to break the cycle of pain.

### Treatment May Include:

- Pain science education to reframe your experience
- Manual therapy to reduce physical tension
- Graded exercise to retrain movement patterns
- Breathing, mindfulness, or pacing strategies
- Other modalities such as dry-needling and laser therapy

Your physio will meet you where you are, physically and emotionally, and will help you regain control over your health and movement.

## Top Exercises to Improve Posture and Core Strength

Poor posture and a weak core can contribute to pain, fatigue, and reduced performance.



## Your Physio May Recommend:

- Postural corrections (especially for desk work)
- Core activation drills (like dead bugs or planks)
- Mobility stretches for hips, thoracic spine, and shoulders
- Functional strength work like squats and bridges

The goal is to build foundational strength and movement awareness so you can move more freely and confidently throughout the day.

## Physiotherapy for Sports Injuries: Prevention & Recovery

Whether you're a weekend warrior or competitive athlete, injuries happen. Physiotherapy helps you get back to your sport, safely and stronger than before.

## Your Sports Physio May Help With:

- Ankle sprains and knee injuries
- Shoulder or rotator cuff pain
- Overuse conditions like tendonitis or stress fractures
- Post-concussion management

They'll also focus on sport-specific rehab to retrain your body for cutting, jumping, sprinting, or lifting, so you're not just healed, but game-ready.

# How Physiotherapy Supports Aging and Mobility

Physiotherapy plays a vital role in helping people maintain independence and function as they age.

## Common Concerns Treated Include:

- Osteoarthritis and joint stiffness
- Balance issues and fall prevention
- Muscle loss and weakness
- Post-surgical rehab (e.g., hip/knee replacement)

A physiotherapist creates safe, customized movement plans that help older adults stay active, reduce pain, and enhance quality of life.

# Physiotherapy for Concussions and Whiplash

Head and neck injuries, whether from sports, falls, or car accidents, can affect your brain, spine, and muscles.

## Physiotherapy Can Address:

- Headaches, dizziness, and visual issues
- Neck pain and stiffness
- Balance and coordination
- Fatigue and difficulty concentrating

Treatment is always individualized and may involve manual therapy, vestibular rehab, guided return-to-work or play planning, and cognitive pacing strategies.

# The Importance of Mobility and Stability in Injury Prevention

Optimal movement is a balance of mobility (freedom of movement) and stability (control of movement).

Too much mobility without strength = injury risk.

Too much stiffness = restricted performance and compensation.

## Your Physio Helps You:

- Identify weak links or imbalances
- Improve joint range of motion (especially hips, ankles, shoulders)
- Strengthen stabilizer muscles like the core, glutes, and rotator cuff
- Build movement control and coordination

This proactive approach is key to avoiding injury, whether you're lifting groceries, running marathons, or chasing kids around the yard.



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