

# What To Expect...



## Team Care Centre Physiotherapy

As you begin your care with our physiotherapist, an important first step is to ask yourself the following questions:

- What are my goals for treatment?
- What changes am I willing to make?

Then consider the following:

- Prioritize the symptoms and areas of improvement you wish to target, so the physiotherapist can develop a program that best suits your needs and goals.
- Come prepared. Wear comfortable clothing that is easy to move in. On your first visit your function and pain level will be assessed.
- There is a possibility that electric stimulation may be necessary to help manage your symptoms. This may include ultrasound, interferential current therapy (IFC), and/or transcutaneous electrical nerve stimulation (TENS). The Physiotherapist will always explain what equipment will be used before treatment.

## Team Care Centre Physiotherapy:

... will be delivered by a Registered Physiotherapist using best practice therapies and tools proven to achieve results when applied to your individual and specific needs.

...is time-limited with the number of sessions you receive determined after your initial appointment with the physiotherapist based on their clinical judgment. This can be up to ten sessions. If additional support is required at a later date, your Primary Care Provider can submit a new referral on your behalf, at least 1 year after your last session.

...is voluntary and you may choose to end services at any time.

...requires that you call at least **24 hours in advance** to cancel or reschedule an appointment. If you miss an appointment you will be contacted by phone to confirm your interest in continuing with your program. If we do not hear from you for a period of two weeks, your file will be closed and a new referral will need to be made by your Primary Care Provider to begin services again. New referrals will be accepted after 1 year.

...requires regularly scheduled sessions to be effective in addressing your wellness. If you do not show up for your appointments it impacts your treatment and progression towards your goals. **Two consecutive** no show appointments will result in your file being closed.

## Principles of Medication Management:

**Education:** Throughout your sessions the physiotherapist will teach you how to manage your pain and any flare-ups.

**Skill Based:** A personalized exercise/stretching program will be developed for you and your unique needs.

**The Importance of Accountability:** This means consistently practicing the new skills and movements you are learning between sessions, so they can be implemented into your everyday life. This may include daily stretching, lifestyle modifications, and the use of heat/cold as needed while at home.

**Goal Oriented:** Your program emphasizes the importance of setting and working on specific goals using the SMART (specific, measurable, attainable, realistic and time oriented) method.

**Maintain Progress:** Frequent follow-up visits will enable you to increase your range of motion/functions, reduce pain, and encourage you to maintain progress made. In these visits, your physiotherapist will check in with you to ensure your treatment is in line with your goals and can adjust as necessary to best suit you.

**Time Limited:** Physiotherapy services are time limited. Sessions are approximately 45-40 minutes in length. Both you and your physiotherapist are part of a team and you will work together to create practical goals, learn self-management skills, and establish daily habits to improve your quality of life.