

# What To Expect...



## Musculoskeletal (MSK) Health

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

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

Then consider the following:

- Prioritize the symptoms and areas of improvement you wish to target, so a program can be developed to best suits your needs and goals.
- Come prepared. Wear comfortable clothing that is easy to move in. On your first visit your biomechanics (body movement) will be assessed. Many patients find it helpful to bring a bottle of water with them.
- Be prepared to answer questions about your past medical history.
- 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 Kinesiologist will always explain what equipment will be used before treatment.

At the end of your appointment a progress note will be sent to your Primary Care Provider with recommendations and suggested services to help you achieve your health goals.

## MSK Health:

...will be delivered by a Registered Kinesiologist using best practice therapies and tools proven to achieve results when applied to your individual and specific needs. A physiotherapist may be engaged by the Kinesiologist as needed to support your care.

...is time-limited with the number of sessions you will receive determined after your initial appointment based on the clinical judgement of the Kinesiologist. 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 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 services. 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.

... 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 others who would have benefited from that time. **Two (2) consecutive no show** appointments will result in your file being closed and a new referral will need to be made by your Primary Care Provider to begin services again.

## Principles of Kinesiology:

**Education:** Kinesiology is the study of human movement, and when working with a Kinesiologist they will provide you with a new way of understanding and thinking about how to prevent and manage symptoms.

**Treatment Plans:** An in-depth assessment will be completed to create a treatment plan that is unique to you. Initial kinesiology assessments are 60 minutes in length with follow-up sessions being 30 minutes in length. Treatment plans may consist of exercise, functional strength and conditioning, cardiovascular exercise, ocular motor exercise, or vestibular exercise. As well, treatment plans can consist of manual therapy that can be performed in clinic with education related on how to provide the same result at home on your own.

**Goal-oriented:** Kinesiology using objective measures helps you set as well as achieve your goals using the SMART (Specific, Measurable, Attainable, Realistic, and Time Oriented) method.

**Accountability:** During each session you will be learning new skills and movements that will be implemented into your everyday life. This may include daily stretches, techniques to correct biomechanics, cardiovascular exercise, or lifestyle modifications to use as needed at home.

**Consistency:** Regardless of your goals, working towards them requires consistency. The focus of your treatment plan will keep consistency in mind and be modified to allow you to keep up with the program, use the techniques and tools taught during your treatment and on going.

**Your Primary Care Provider will Always be Updated:** The Kinesiologist will send regular updates on your care to the Primary Care Provider that referred you to this program so they are always aware of your progress.