

Your Visit

FAQs

Q? What is physiotherapy?

A. Physiotherapy is an independent health care profession dedicated to enhancing and restoring mobility. This profession is unique by its advanced understanding of diagnosis and treatment of movement disorders. The goal of physiotherapy is to promote functional independence and to improve quality of life.

Q? What is a physiotherapist?

A. A registered physiotherapist is a university educated health professional with a Baccalaureate of Science or a Master of Physiotherapy. The physiotherapists employed by Motion Matters are accredited by the College of Physiotherapy of Ontario. The College establishes ethical and professional conduct standards and assures that all members meet safety and professional expectations within the community.

Q? How can a physiotherapist help me?

A. Physiotherapists offer valuable treatment techniques to assist you in achieving your specific physical goals, which may include:

- Restoring mobility after surgery
- Managing and reducing pain
- Treating sports-related injuries
- Providing pre and post-natal care
- Improving overall coordination and balance
- Improving the physical complications of cancer and its treatment
- Managing physical limitations or disabilities associated with degenerative diseases (i.e. osteoarthritis, rheumatoid arthritis, spinal stenosis)
- Preventing and treating repetitive strain injuries, bursitis, ligament sprains, dislocations, pulled muscles and joint strains
- Rehabilitation following motor vehicle accidents

Q? Do I need to see my doctor prior to starting physiotherapy?

A. Although it is not necessary to see a doctor prior to receiving physiotherapy treatment, in some circumstances your therapist may ask you to see your doctor for further medical investigation. A referral to your doctor may also be warranted if your condition does not progress typically with physiotherapy intervention.

Q? How do I get an appointment?

A. In most cases, you do not require a referral from your doctor (check your insurance policy to see if a referral is a requirement). Simply contact us and set up an appointment with a therapist for a time that suits you.

Q? Will my insurance cover the costs?

A. This will all depend on your policy and insurance provider. Confirm these details before you establish a treatment plan.

Two notes specific to Orleans Centre for Physiotherapy:

1. We do not provide direct billing except in the cases of motor vehicle accident patients, and military personnel covered by Blue Cross.
2. We do not treat individuals covered by Workers' Compensation Board (WCB).

Q? What can I expect from my first visit?

A. Please see our [Your Visit](#) page

Q? What should I bring?

A. Here is a short list:

- Comfortable clothes that will allow the therapist to see the area to be treated (i.e. for leg, foot or lower back bring a pair of shorts; for upper back, chest or shoulder bring a tank top or sports bra). If applicable, footwear and custom made orthotic inserts.
- Your physiotherapist referral, if you saw your doctor prior to coming to physiotherapy.
- Copies of relevant medical test results (i.e. x-ray, MRI reports).

Q? What treatments are available?

A. Physiotherapy treatment sessions may involve a variety of techniques. For a full list and descriptions, please visit the [Services](#) page.

Q? How often will I need to be treated?

A. Treatment results are usually rapid. While some patients get immediate results, others require anywhere from three to 18 treatments before they achieve their desired therapeutic goals. Treatment results may vary depending on the body's natural healing rate and on the nature, onset and severity of the condition being treated. Generally, the less severe and more recent the condition, the fewer treatments are required.

It is perfectly normal to experience a temporary increase in your symptoms after your initial assessment and / or to wait three to four sessions before feeling an improvement in your symptoms.

It is usually recommended that you come in for two to three visits for the first few weeks, following this period once or twice a week is usually sufficient.

Q? How long will each treatment session last?

A. Each session typically lasts 30 to 90 minutes depending on your treatment plan.

At Orleans Centre for Physiotherapy we are sensitive to your time demands. Following your assessment your physiotherapist will be able to develop an individual treatment plan tailored to your condition and schedule.