

# For Patients

## Frequently Asked Questions

### **What is a Physiotherapist?**

Physiotherapists are university trained health care professionals who diagnose and treat individuals of all ages. Physiotherapists specialize in eliminating pain and physical limitations that arise from a wide variety of common injuries and conditions.

### **What will occur at my first visit?**

At your initial visit a full assessment of your injury will occur. This will generally include:

- A detailed history of your health and injury
- An assessment of your range of motion, strength, posture, movement patterns, and gait as necessary.
- An explanation of the findings of your assessment and proposed treatment plan.

### **Do I need a doctor's referral?**

You do not need a referral from your doctor to access physiotherapy. Some insurance companies do require a referral from your doctor in order to fund your treatment. We advise you to check with your insurer to determine their requirements.

### **I was referred to another physiotherapy clinic by my doctor. Can I come to your clinic instead?**

Yes, you can access physiotherapy at any clinic of your choosing.

### **Hours of Operation**

Dynamic Physiotherapy is open Monday to Thursday from 7 a.m. to 7 p.m. and Friday from 7 a.m. to 2p.m.