

Physiotherapy can help you achieve your movement goals, reduce pain, heal from injury and improve your day to day wellbeing and function.

Our **Physiotherapists** and **Physiotherapy Assistants** are here to help!



Get in touch!

For more information or to get connected with the physiotherapy team the Home and Community Support Services Team at:



Phone: 1-833-575-4577



Email: HCSS@maamwesying.ca



Fax: 705-256-7250



Providing services on an outreach and collaborative basis to: **Atikameksheng, Sagamok, Serpent River, Mississauga, Thessalon, Garden River, Batchewana,** & the Urban Indigenous Population in Sault Ste. Marie through the **Indigenous Friendship Centre** and **Baawaating Family Health Team.**

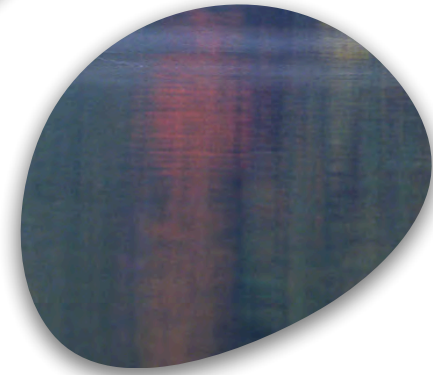
Contact head office to learn more about what services are offered in your community



473B Highway 17 West, Cutler ON P0P 1B0



705-844-2021



Physiotherapy Services

Working together to achieve your recovery, movement and activity goals to live your best life





What to expect during Physiotherapy

With the support of the physiotherapist and physiotherapy assistant you will:

1. Have an assessment to find the cause of your pain and to test your level of strength, mobility and endurance.
2. Receive a treatment plan that meets your goals such as restoring movement, reducing limitations, and managing pain.
3. Be taught and prescribed exercises that can be monitored and changed over time to meet your needs.
4. Be supported with information and resources to manage your condition now and in the future.

How we can help

The physiotherapy program may provide you with:

- **Exercise programs** to gain strength, range of motion and function.
- **Hands-on therapy** to reduce pain and stiffness.
- **Other treatments** to relieve pain without the use of medications, reduce swelling, speed up the healing process, and improve movement.
- **Education and information** about your condition and how to manage it.
- **Re-training** on daily tasks, work activities, leisure activities, sports and return to work planning
- **Support with prescriptions and applications** for assistive, adaptive, or protective devices and equipment.
- **Tips and recommendations** on changing your environment to remove barriers and increase accessibility.

Are you or someone you know ...

- Experiencing a physical problem as a result of an illness, disability, disease, sport or work-related injury, aging, accident or long-period of inactivity?
- Looking for help to regain strength, mobility, function to get back to the things you enjoy?
- Having problems with accomplishing day to day tasks because of physical limitations or pain?

Physiotherapists know how the body moves and what may be causing your pains and limitations!

