

Our Services

Our Services

Proactive Rehab is Huntsville's only private, independent, full-service physical rehabilitation clinic, offering physiotherapy, massage therapy, aquatherapy, persistent pain management and treatment and concussion therapy under one roof. Our open concept treatment space provides a welcoming and inclusive environment for clients and our friendly, knowledgeable staff offer personalized, one-on-one attention and time.

We take an "exercise as medicine" approach to treatment and we are trained to help in all aspects of your physical recovery. At ProActive Rehab, you will receive a one on one, individualized assessment to determine the source or cause of your issues and develop an appropriate, customized treatment plan.

Our Services

Physiotherapy

Our registered physiotherapists specialize in physical rehabilitation, pain management and treatment, injury prevention and health and fitness. We work with our clients to uncover root causes of pain and develop goal-based, individualized treatment plans that include healing treatments like laser or ultrasound, manual therapy techniques, education and exercise instruction, aquatherapy and pain management as required.

[\[Learn More\]](#)

Virtual Rehab

We are now offering virtual physiotherapy services through a private and secure online platform. Our online treatment sessions connect you with your physiotherapist over live video chat, on your computer, phone or tablet. Even if you're unable to visit the clinic in person, your healing and recovery process can continue with the same expert guidance from the ProActive team! Virtual rehab is effective for assessments of new injuries or follow-up treatments to guide your rehabilitation. [\[Learn More\]](#)

Massage Therapy

We use massage therapy as a tool in the recovery of many different injuries, including sports, motor vehicle accidents and workplace injuries, as well as conditions such as stress, arthritis, tendonitis, muscle strains, headaches, swelling and whiplash. Our registered massage therapists use a variety of techniques and varying levels of pressure, depending on your needs and condition-your therapist will always ensure your massage is aligned with your treatment plan and within your pressure tolerance. [\[Learn More\]](#)

Manual Lymph Drainage

Manual Lymph Drainage (MLD) is a gentle massage technique used to decongest and transport lymphatic fluid (lymph) from swollen areas of the body. Swelling often occurs in the arms and legs known as edema. This can occur in both healthy and impaired lymphatic systems where there is an increase or build up of fluid. Tension headaches, TMJ, sprains, fractures and surgery recovery are just a few examples of ailments that can be treated with MLD. This unique massage treatment is combined with deep breathing exercises to soften tissue, increase flow and direct fluid out of the swelling tissue and towards the lymph nodes. [\[Learn More\]](#)

Athletic Therapy

Athletic therapy focuses on the prevention, assessment, and treatment of musculoskeletal (muscle, bone and joint) injuries and conditions. Certified Athletic Therapists work with people of all ages, abilities and skill levels to help them perform at their best and recover from strains, sprains, joint injuries and overuse injuries. [\[Learn More\]](#)

Shockwave Therapy

Shockwave therapy is an innovative, non-invasive treatment that delivers short, intense energy waves to help heal muscle and tendon injuries. It stimulates the body's natural healing process by increasing blood flow to the injured tissue. Shockwave therapy is an effective treatment for chronic conditions like plantar fasciitis, Achilles tendinopathy, tennis elbow, jumper's knee, stress fractures, scar tissue and non-healing ulcers. [\[Learn More\]](#)

Aquatherapy

Aquatherapy is a physical therapy treatment often prescribed by our physiotherapists as part of our individualised treatment plans. It is effective for treating many conditions including arthritis, fibromyalgia and joint replacement recovery. Aquatherapy takes place in the pool at the Canada Summit Centre. Your instructor will work with you one-on-one to teach you specific exercises that are complementary to your clinic-based treatment. [\[Learn More\]](#)

Concussion Management

At ProActive Rehab, we treat concussions through a six-step progressive exertion program, which includes appropriate and effective rest strategies, symptom specific rehab exercises, aerobic testing and sport specific conditioning with a graduated return to exercise and play. We also offer baseline testing as point of reference for pre-injury cognitive and physical function so that, if you or your child sustains a concussion, the after-injury results can be compared to the baseline test. [\[Learn More\]](#)

Persistent Pain Management

1 in 4 Canadians suffer from persistent or chronic pain, which is defined as pain that lasts longer than 3 months. In many cases, persistent pain lasts long after an initial injury or trauma has healed and is caused by an overly sensitive nervous system that continues to send alarm messages to the brain. At ProActive, we take a holistic and science-based approach to treating chronic pain, leveraging multiple modalities including exercise/active rehab strategies, aquatherapy, massage, acupuncture, pain neuroscience education, relaxation and mindfulness, and sensory-motor cortical remapping. [\[Learn More\]](#)

Vestibular Rehab

Vestibular Therapy is the assessment and treatment of dizziness. An initial assessment is required to determine the origin of your dizziness as it can arise from a wide variety of reasons. Once assessed, a treatment plan will be developed to address the reasons for your specific dizziness. [\[Learn More\]](#)

Custom Orthotics and Rehab Products

At ProActive Rehab, we offer a wide range of products that aid in rehabilitation, including custom orthotics, lumbar and postural supports, aquatherapy equipment, braces, exercise balls, athletic tape, foam rollers and

more. Check out our shop or stop in at the clinic to learn more. [\[Visit Our Shop\]](#)