

# Our Services

## Physiotherapy

**“Physiotherapists have advanced knowledge of how the body moves, what keeps it from moving well and how to restore mobility” CPA**

**“Physiotherapy is a drug free health care practice” OPA**

Physiotherapy is the assessment and treatment of various types of injuries and physical dysfunctions that prevent you from living to your fullest. 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 treatment plan. Your treatment will also be individualized and may consist of healing modalities (like laser or ultrasound), manual therapy techniques, education and exercise instruction, independent exercise and/or aquatherapy and pain management as required. As you are a partner in your recovery, you will be expected to maintain a home program. The effectiveness and progress of your in-clinic treatment is directly related to your own commitment to following through at home and making positive changes in current habits.

In addition to traditional out-patient assessment and treatment, at ProActive Rehab we also offer concussion rehabilitation, vestibular rehabilitation, aquatherapy and hippotherapy, running assessments, Work Hardening Programs, direction and management for children with neurological deficits (i.e. Cerebral Palsy), long term monitoring and direction for adults with neurological impairments (i.e. stroke, M.S. Parkinson’s Disease), postural assessments, fall prevention programs, cardiac rehab, direction and guidance on prevention of injury as well as advice on developing preventative training programs for athletes.

As physiotherapists it is our goal to assist you in taking back control; to maximize your function and to help you get back to living – ProActively!

Our current PHYSIOTHERAPY SERVICE hours are Monday 8am to 7pm, Tuesday 8am to 7 pm, Wednesday 8am to 5pm, Thursday 8am to 7pm and Friday 8am to 5pm

College of Physiotherapists of Ontario

Ontario Physiotherapist Association

Robin McKenzie Institute of Canada