



**For more information on Physiotherapy
please refer to:**

Canadian Physiotherapy Association
www.physiotherapy.ca

College of Physiotherapy of Alberta
www.physiotherapyalberta.ca

**For individual therapists bio please refer to
www.collegiatesportsmedicine.ca**

**For more information on Athletic Therapy
please refer to:**

Canadian Athletic Therapists Association
www.athletictherapy.org

Alberta Athletic Therapists Association
www.aata.ca

Athletic Therapy & Physiotherapy



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY
CUSTOM BRACING & ORTHOTICS - VESTIBULAR REHAB - CONCUSSION



**For appointments call:
403-314-4458**

collegiatesportsmedicine.ca

Direct Billing Available!

What is an Orthopedic Assessment?

An Orthopedic Assessment involves steps to gather information about an injury and to develop a clinical impression of what the injury is. A full injury assessment will include a verbal **Client History** of the injury, a **Visual Observation** of the structures involved, and a **Physical Assessment** of the injury.

Client History:

The Therapist asks a series of directed questions to develop a mechanism of injury and to get a general idea of what body part has been injured. Work and/or sport related questions will also be included.

Visual Observation:

The Therapist will observe the client in a normal standing posture to gather visual information about any defects, abnormalities, or malalignments of the structures involved. Gait and biomechanical evaluations are done as required to detect any obvious lower body abnormalities

Physical Assessment:

This is a hands-on assessment of the injured region. It involves a bilateral comparison to the un-injured side. The therapist will use specifically designed special tests to determine specific abnormalities or pathologies in muscles, tendon, ligaments, nerves, and bones.



Client Education

After an Orthopedic Assessment, our therapists will provide you with a Client Education of their findings. With use of anatomy pictures, anatomical models, and information pamphlets, the Therapist will explain what you injured and can give you an outline of what needs to be done to rehabilitate the injury. If required appropriate referral to other medical providers will be given.

Treatment

Our Therapists will often use contemporary treatment techniques like:

- ART®
- Muscle Energy Techniques
- Therapeutic Soft Tissue Laser

See our website for more detailed descriptions of these .

Our Therapists will also use traditional approaches such as:

- Ultrasound
- TENS
- Interferential Current (IFC)
- Joint Mobilizations
- Transverse Frictions
- Manual Therapies
- Hydrotherapy
- Trigger Point Therapy
- Heat
- Cold

Home Programming

Our Therapists will develop an individualized, injury specific rehabilitation program for you that will facilitate recovery from injury. The Home Program will include stretches and exercises to help re-develop and maintain flexibility and functional strength to normalize imbalances and restore function.

Price List

Injury Assessment & Treatment.....\$105

- Orthopedic assessment, description of injury, and rehabilitation, treatment, and home program as needed

Injury Assessment only.....\$85

- Orthopedic assessment and description of injury

Follow up Rehabilitation Treatment.....\$85

- Booked as needed includes home program as needed

Paired body parts \$25

- Add additional fee to appointment rates for bilateral parts (ex. both feet, both knees etc.)

Prices do not include GST

Physiotherapy services are GST exempt

**Prices subject to change*

What is the difference between an AT and a PT?

Athletic Therapist's are known for their work in the sports industry as well as being experts in assessment and rehabilitation. AT's are the first ones to respond to any injury sustained during training and game situations. Athletic Therapy covers multiple disciplines:

- **Prevention:** *musculoskeletal and postural evaluation, equipment selection, fitting and repair, warm-up, conditioning programs, prophylactic or supportive taping, and adapting to the activity environment and facilities*
- **Immediate care**
- **Reconditioning and Rehabilitation of musculoskeletal injuries**
- **On Field Care of athletic injuries include:** *injury assessment, basic emergency life support, recognition and management of acute traumatic neurological dysfunction, provision of first aid, utilization of techniques facilitating a safe return to play*

Athletic Therapists are effective in treating a wide range of injuries on field and in a clinic setting. They provide a unique service specializing in extensive hands on and manual approaches that are coupled with active and individualized therapeutic return to physical activity.

Physiotherapists are well known for their ability to work with individuals with a variety of injuries sustained in sports, disabilities, accidents or post - surgery. PT's are well educated in physical function, movement and mobility. They take a hands on approach to restoring, maintaining and optimizing quality of life.

- *Assess, diagnose, treat and educate clients with symptoms and limited movements.*
- **Promotion of physical independence:** *Working with clients to restore and prolong functional capacity*
- **Analyze impact of injury, disease or disorders on movement and function.** *Aid in the recovery of range of motion, balance and strength conditioning*
- **Restores function** *of multiple body systems based on movement sciences*

All of our therapists will conduct a full orthopedic assessment, client education and treatment plan based on the client's needs and their ability to manage their condition.