

**Canadian Physiotherapy
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Canadian
Physiotherapy
Association Association
canadienne de
physiothérapie

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Canadian Physiotherapy Association celebrates the profession!

National Physiotherapy Month April 22 to May 24, 2006

Physiotherapists across the country use **National Physiotherapy Month (NPM)** as an opportunity to highlight the value of physiotherapy and the importance of taking simple, movement-based steps towards maintaining a healthy body. Good body maintenance is important for all day to day activities such as gardening, golfing, running and walking. Rehabilitation following injury and other areas of physiotherapy also give people the additional assistance they need to achieve and maintain good health.

From **April 22 to May 24**, physiotherapists from coast-to-coast will open their doors to the public with events such as safety and stretching demonstrations, clinics and seminars on health and fitness issues, displays and information booths, and more. The public is invited to contact their Provincial Physiotherapy Association for a listing of clinics and events in their area.

Physiotherapists know how to keep Canadians mobile and achieve optimum physical functioning following an injury or an illness. They work in a variety of settings, from hospitals to private and community clinics; with patients from the very young to the elderly; dealing with complex neurological conditions following stroke, motor vehicle accidents and fractures; to sports related injuries, back care, whiplash, heart attacks, cancer, ergonomics and repetitive strain injury. They also work with animals.

The Canadian Physiotherapy Association and its more than 9,500 members want the public, other health care providers and governments to be aware of the important role physiotherapy plays in the health of Canadians. With their applied knowledge and understanding of the human body in action, physiotherapists work with clients to increase mobility, relieve pain, build strength, and improve balance and cardiovascular function. They not only treat injury, but they also explain how to prevent injury and the onset of pain that may limit activity.

For more information on physiotherapy and National Physiotherapy Month, visit the Canadian Physiotherapy Association web site at www.physiotherapy.ca.

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