



Physical Edge At Home

With over 15 years experience serving the Oakville community, ***Physical Edge Physiotherapy*** is excited to announce that we are expanding our services to bring physiotherapy to the comfort and privacy of your home. As experienced and compassionate medical professionals, we are dedicated to helping you attain your physical goals and functional independence. Whether your mobility has been affected by a recent surgery, a chronic medical condition, or you are trying to prevent the inevitable effects of aging, our team of highly skilled therapists will help you get back on track.

Physical Edge At Home physiotherapists are university educated health professionals, registered to practice by the College of Physiotherapists of Ontario. We are primary care practitioners, who do not require a referral from a doctor for treatment.

Physiotherapy can help to make you stronger whether you are living with a chronic illness, recovering from a recent injury or surgery, or suffering pain after your weekly golf game. Our physiotherapists work with tools and techniques that will enable you to manage pain and maintain an optimum level of function.

Our Physical Edge At Home services include treatments for improving range of motion, muscle and joint pain and exercise programs for:

- Osteoarthritis
- Chronic Back and Joint Pain
- Individually-guided Exercise Programs (*for general strengthening*)
- Falls Prevention
- Acupuncture (*for pain management*)
- In-Home Gym Assessment (*to use equipment safely*)

Services At Home

Initial Assessment At Home

Your initial assessment at your home will give you and your therapist an opportunity to get to know each other better. During the assessment, your therapist will ask you questions pertaining to your current physical status, your past medical history and challenges you are facing on a daily basis. Following this, a series of tests will be performed to assess your balance, strength, flexibility, coordination, and overall well-being. Your first treatment will take place during the initial assessment.

Physiotherapy Treatments

A typical treatment may include hands-on techniques to reduce joint or muscle pain, therapeutic exercise to alleviate pain or prevent injuries from occurring, or strengthening particular areas of your body, such as a knee or low back. Acupuncture and heat or cold may be used to help control pain or inflammation as desired. Education is always provided regarding correct execution of exercises, general safety, and to provide you with a firm understanding of your particular injury.

Falls Prevention

Physiotherapists deal greatly with falls prevention and can teach you balance and strengthening exercises to help prevent them from happening. Your therapist will also spend time identifying risks in your home which may contribute to a fall. Physiotherapists are experts in walking aids, and will help you to select the correct one for your needs or instruct you on proper use. It is a known fact that regular exercise consisting of strengthening and balance activities can help to prevent falls from occurring in the first place. Emphasis will be placed on safe, effective exercises to help you achieve a stronger body, thus minimizing your chances of falling.

Acupuncture

Acupuncture is an effective means of controlling pain, resolving swelling and inflammation, increasing circulation and regulating the nervous system. Acupuncture does not have the systemic side effects of many pain medications, making it a safe alternative. Only sterile, single-use needles are used to prevent the risk of infection.

Individually Guided Exercise Programs

These programs are designed for independent, active adults who want to improve their exercise endurance, strength, and flexibility. Exercise can help reduce the risk of falls, improve circulation, improve one's mood and muscle mass, and is an effective management strategy for conditions such as diabetes and osteoarthritis. Your therapist will prescribe specific exercises that meet your personal goals and are easy to perform in your home or home-gym facility.

Home Gym Assessment

If you have a home gym in your house or condo, our therapists will walk you through the various equipment, teaching you proper, safe usage as well as which equipment or machines will benefit you most.

We look forward to helping you reach your physical best! **Price List**

• Initial Physiotherapy Assessment/Treatment	\$120
• Physiotherapy Treatment Session	\$ 90
• Acupuncture Session	\$ 70
• Home Gym Exercise Session	\$ 100
• Package of 5 Home Gym Sessions @ \$90/visit	\$ 450

(all sessions will be provided by a Registered Physiotherapist and receipts will be issued that are acceptable for reimbursement by all Extended Health Care providers)
