

# Physiotherapy

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## How we can help

If you or a loved one are finding it more and more difficult to stay active or move freely after a recent illness or injury, a Physiotherapist may be able to help. Physiotherapy can improve your ability to physically function, increase your safety, reduce pain, and enhance your general health and well-being.

## What you can expect

If your Care Coordinator has suggested that you could benefit from physiotherapy and you consent to service, a Physiotherapist will contact you to assess your physical abilities, such as mobility, strength, endurance, balance, and range of motion, and to see how you are functioning in your home environment. After your assessment, they will work with you to develop a personalized treatment program to help you improve physical function, restore movement, and reduce limitations to mobility. They will then monitor and assess your progress.

Physiotherapists may also educate and train family members and caregivers on how to best support you at home to maintain your independence. They can identify additional resources and support services in the community.

A Physiotherapist may recommend adaptive equipment for short periods of time (usually less than 30 days), and if you are eligible, your Physiotherapist will assist with funding applications for mobility equipment under the Ministry of Health and Long-Term Care's Assistive Devices Program.

Physiotherapy is typically a short-term service.



## Am I eligible?

You must be a resident of Ontario with a valid Ontario Health Card.

## Contact Information

If you have any questions regarding this service, please contact: **310-2222** • [ontariohealthathome.ca](https://ontariohealthathome.ca)