

Physio Helps Lives

May is National Physiotherapy Month!

Held each May, National Physiotherapy Month highlights the positive contributions physiotherapists (PT) and rehabilitation assistants (RA) make in enhancing the health of Canadians. Physiotherapists and Rehabilitation Assistants are important members of the HPHA's healthcare team. They work with a wide variety of our patients, helping them recover their strength, movement and functional mobility after illness, injury or post-surgery. Part teachers, part coaches, these professionals help our patients get moving! Physiotherapists and Rehabilitation Assistants work in all inpatient units along with offering outpatient clinics in St. Marys, Seaforth and Stratford.

Physiotherapy & Chronic Pain

What is Chronic Pain? Chronic pain can impact significantly upon physical, emotional and social wellbeing. Physiotherapy utilising a broad scope of practice can safely and cost-effectively support and guide people with long term pain towards the best possible quality of life. Fifteen percent of Canadians suffer from chronic pain syndrome. Chronic pain is pain that persists for weeks, months or years. Persistent pain often starts with a minor injury or illness, but does not improve over time. The ongoing pain makes it increasingly difficult to move, work and enjoy a normal life. Simple things like touching the skin, stretching, or moving muscles becomes excruciatingly painful.

How can a Physiotherapist help with chronic pain? Chronic pain management requires a team of health providers working together. Effective management requires interventions that help rewire the nervous system instead of treating the original injury, leading to chronic pain relief. That's where a physiotherapist can help. Physiotherapists are highly skilled at assessing how the pain affects your ability to move and will help find ways to get you moving again, including:

- Helping a patient unlearn some of the abnormal postures and movements their body may have adopted to guard the pain.
- Developing a safe activity program that will gradually help the patient's nervous system rewire itself.
- Providing relaxation, imagery and/or breathing techniques that can help reduce muscle tension and calm the nervous system.
- Assessing if specific treatments will help (e.g., IMS, manual therapy, modalities, acupuncture).



Fenil Chauhan, PT
& Cass Dale, RA



Gloria Strathdee, PT



Jana VanRooyan, PT;
Tammy McLean, RA;
Penny Schearer, PT;
Casey D'Mello, Student;
Trish Vickers, PT;
Courtney Robblee, RA



Arden Longeway, RA
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Meaghan Cosgrove, PT
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Alice McGuire, PT
Korey Graham, Former RA