

# Physiotherapy Myths Debunked!

May is National Physiotherapy Month. Physiotherapists and rehabilitation assistants are important members of HPHA's health care team! In honour of Physiotherapy Month let's take a look at some of the myths about physiotherapy, which often prevent people from getting the help they need.

**Myth: Physiotherapy is just another word for exercise.**

**Fact:** Physiotherapy is the profession practiced by physiotherapists who use exercises and many other evidence-based techniques and modalities to help you achieve your goals.

**Myth: Physiotherapy is only for treating injuries.**

**Fact:** Physiotherapists assess, diagnose and treat many diseases, conditions and injuries that affect how you move and function.

**Myth: Physiotherapy is only for newer injuries.**

**Fact:** Physiotherapy can help you live your best life with chronic illnesses such as arthritis and diabetes as well as prevent and treat new injuries.

**Myth: All pain is the same.**

**Fact:** Everyone is different. A physiotherapist assesses and treats your unique pain and its causes.

**Myth: The only solution to chronic pain is medication.**

**Fact:** Physiotherapists assess and treat chronic pain and give you knowledge and skills to manage your pain and work productively.

**Myth: Physiotherapy doesn't help before hip or knee surgery.**

**Fact:** Physiotherapy before hip or knee surgery equals a shorter hospital stay and quicker recovery.



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