

City Centre Health Care
Welcomes
Physiotherapy to our
interdisciplinary team focused on
your HEALTH!



We are pleased to announce that this
program
involves a collaborative relationship
between the following agencies:



A PROGRAM FUNDED
THROUGH THE MINISTRY
OF HEALTH AND LONG
TERM CARE.

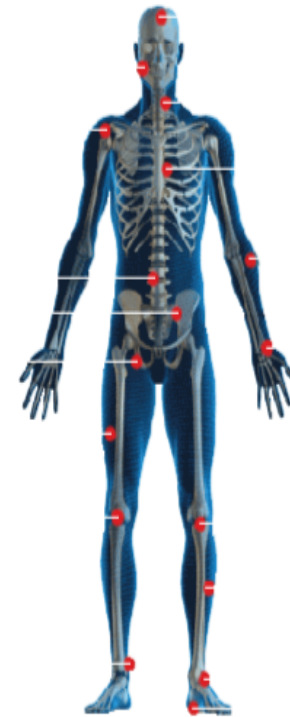
1400 Windsor Ave.
Windsor, Ont N8X 3L9

PHONE: 519-971-0116



A Community Health Centre Operated by CMHA-WECB

PHYSIOTHERAPY PROGRAM



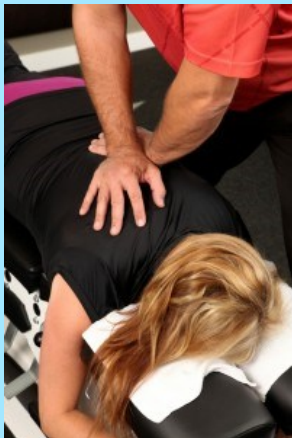
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PHYSIOTHERAPY PROGRAM

Referrals to our **PHYSIOTHERAPIST** must be made through your **Nurse Practitioner or Physician** here at **City Centre Health Care (CCHC)**.

You must be a client of CCHC to access this service.



Please call to book an appointment with your **Primary Care Provider** to be referred.

Physiotherapy

Physiotherapy Interventions focus on pain relief and the prevention of future occurrence of pain and injury, as well as return to function. It includes assessment and diagnosis, exercise prescription, education, self management strategies,¹ Physiotherapy promotes the individuals wellness, mobility and independent function.



Physiotherapists work with individuals who have a chronic illness, injury or disability affecting the: neuro-musculoskeletal, cardiopulmonary, vascular, and neurological systems. For example:

- Musculoskeletal conditions and pain related to activities or injuries at work, leisure or sport,
- Falls prevention and treatment interventions when falling is an identified problem.
- Degenerative changes related to ages such as arthritis
- Chronic disease such as diabetes, hypertension, chronic pain, low back pain and osteoporosis,
- Physical conditions related to mental health.

Physiotherapists:

- ◇ Have an advanced understanding of how the body moves, what keeps it moving well and how to restore mobility



- ◇ Have specialists training in the diagnosis, analysis and management of complex musculoskeletal conditions in the presence of disease and aging to maintain mobility and function within our interdisciplinary team.

