



HILLSTAR
INTEGRATED HEALTH



Patient Resources For Physiotherapy



What Is Physiotherapy and How Can It Help You?

Physiotherapy is a movement-based, hands-on approach, to restoring function, reducing pain, and preventing injury.

What Physiotherapists Do:

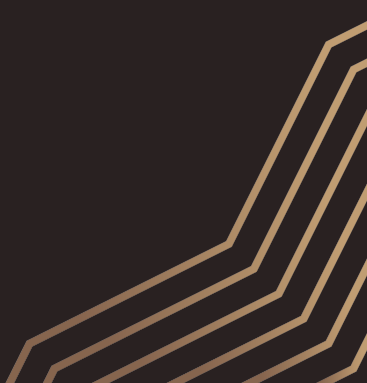
- Assess movement patterns and joint mechanics
- Identify the root causes of pain or dysfunction
- Use manual therapy, exercise prescription, and education
- Create personalized rehab and prevention plans


Whether you're recovering from an injury, managing a chronic condition, or simply trying to move better, physiotherapy offers a safe, evidence-based approach to optimizing your body's performance.

Rehabilitation After Injury or Surgery: The Role of Physiotherapy

Post-injury or post-operative rehabilitation is one of physiotherapy's most important roles.

Physiotherapy Supports Recovery By:

- Managing pain and inflammation
 - Restoring mobility and strength
 - Rebuilding balance, coordination, and endurance
 - Guiding a safe and progressive return to activity
- 



Common scenarios include ACL rehab, rotator cuff recovery, fracture management, and joint replacement care.

A physiotherapist ensures you don't just heal, but heal well, avoiding long-term limitations or compensations.

Physiotherapy for Chronic Pain Management

Chronic pain affects the nervous system, muscles, joints, and even mental health. Physiotherapists use a multifaceted approach to break the cycle of pain.


Treatment May Include:

- Pain science education to reframe your experience
- Manual therapy to reduce physical tension
- Graded exercise to retrain movement patterns
- Breathing, mindfulness, or pacing strategies
- Other modalities such as dry-needling and laser therapy

Your physio will meet you where you are, physically and emotionally, and will help you regain control over your health and movement.

Top Exercises to Improve Posture and Core Strength

Poor posture and a weak core can contribute to pain, fatigue, and reduced performance.





Your Physio May Recommend:

- 🕒 Postural corrections (especially for desk work)
- 🕒 Core activation drills (like dead bugs or planks)
- 🕒 Mobility stretches for hips, thoracic spine, and shoulders
- 🕒 Functional strength work like squats and bridges

The goal is to build foundational strength and movement awareness so you can move more freely and confidently throughout the day.

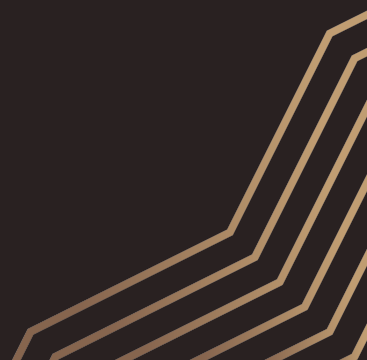
Physiotherapy for Sports Injuries: Prevention & Recovery

Whether you're a weekend warrior or competitive athlete, injuries happen. Physiotherapy helps you get back to your sport, safely and stronger than before.

Your Sports Physio May Help With:

- 🕒 Ankle sprains and knee injuries
- 🕒 Shoulder or rotator cuff pain
- 🕒 Overuse conditions like tendonitis or stress fractures
- 🕒 Post-concussion management

They'll also focus on sport-specific rehab to retrain your body for cutting, jumping, sprinting, or lifting, so you're not just healed, but game-ready.





How Physiotherapy Supports Aging and Mobility

Physiotherapy plays a vital role in helping people maintain independence and function as they age.

Common Concerns Treated Include:

- Osteoarthritis and joint stiffness
- Balance issues and fall prevention
- Muscle loss and weakness
- Post-surgical rehab (e.g., hip/knee replacement)

A physiotherapist creates safe, customized movement plans that help older adults stay active, reduce pain, and enhance quality of life.


Physiotherapy for Concussions and Whiplash

Head and neck injuries, whether from sports, falls, or car accidents, can affect your brain, spine, and muscles.

Physiotherapy Can Address:

- Headaches, dizziness, and visual issues
- Neck pain and stiffness
- Balance and coordination
- Fatigue and difficulty concentrating

Treatment is always individualized and may involve manual therapy, vestibular rehab, guided return-to-work or play planning, and cognitive pacing strategies.



The Importance of Mobility and Stability in Injury Prevention

Optimal movement is a balance of mobility (freedom of movement) and stability (control of movement).

Too much mobility without strength = injury risk.

Too much stiffness = restricted performance and compensation.

Your Physio Helps You:

- Identify weak links or imbalances
- Improve joint range of motion (especially hips, ankles, shoulders)
- Strengthen stabilizer muscles like the core, glutes, and rotator cuff
- Build movement control and coordination

This proactive approach is key to avoiding injury, whether you're lifting groceries, running marathons, or chasing kids around the yard.



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