



Neurologic conditions

Enhance your health with a physiotherapist

Neurologic conditions such as stroke, multiple sclerosis or Parkinson's disease pose many challenges—including symptoms such as dizziness, poor balance or unsteadiness, and weakness.¹ Reduced mobility often interferes with daily activities, such as work, school, self care, sports and even getting around the house and neighbourhood. This decrease in physical function can cause additional problems, including fatigue, deconditioning, falls, social isolation and reduced heart and lung function capacity.

Physiotherapy can offer comprehensive solutions for mobility problems. Your physiotherapist will assess your specific limitations and work with you to develop treatment goals and a plan to achieve them. Targeted therapeutic exercises can improve your balance, coordination, strength, flexibility, mood and cardiovascular function. Improving your function can reduce pain and other physical limitations, allowing you to manage daily tasks better and participate in activities that matter to you.

Benefits in specific conditions

Cerebral palsy

Cerebral palsy, a group of developmental disorders that affect movement, balance and posture, is usually diagnosed in the first few years of life. Physiotherapy is advantageous in cerebral palsy—it helps children reach their potential and adults manage their activity limitations.² Studies have demonstrated that comprehensive physiotherapy programs can improve mental and motor development, including skills such as standing, walking, running, and hand use. Exercise programs focusing on leg strength and cardiovascular fitness can also help children and adults living

with cerebral palsy.²⁻⁴ Your physiotherapist can design an individual treatment plan to help you better manage activity limitations throughout your life.

Spinal cord injury

Depending on the location and severity of the injury, people with spinal cord injuries experience varying degrees of impaired movement, sensation and bowel/bladder control. The potential for healing of the nervous system is much greater than previously thought, and this process depends in part on rehabilitative care.⁵ Your physiotherapist can design a therapeutic exercise and training program based on your functional limitations, to

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help you reach your full potential.^{6,7} Whatever your level of motor or physical function, physiotherapy training programs can also increase your strength, endurance, and cardiorespiratory capacity, so that you can participate more fully in life activities.⁸

Traumatic brain injury

Traumatic brain injury, or head trauma, can cause problems with almost any physical or mental function. The brain's ability to recover or reorganize itself after injury is known as *neuroplasticity*. Neuroplasticity can be enhanced with specific rehabilitation, leading to significant functional improvement that can continue over several years.⁹ Your physiotherapist

can help by creating an intensive therapeutic training program to increase specific skills, and modify it as your skills improve. Training can improve your strength, fitness, balance, coordination, and control. With these skills, you can be more independent and participate in work, social activities, and your favourite sports.^{10,11}

Ask a physiotherapist. No referral required.
Learn more at www.physiotherapy.ca or call 1-800-387-8679.

References

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About physiotherapy and physiotherapists

Physiotherapy is the primary healthcare profession that promotes wellness, mobility and independent function. University education, clinical and professional training provides physiotherapists with the knowledge and skills needed to help people of all ages and abilities to improve their level of physical function. A thorough understanding of the human body in action, advanced skills in physical assessment, and experience in hands-on management allow physiotherapists to manage a broad range of conditions.

Physiotherapists can treat injuries and teach you how to prevent pain or injury that may limit your activity. They can also help you increase your mobility, relieve pain, build strength, improve balance and enhance cardiovascular performance.