



Orthopaedic conditions

Enhance your health with a physiotherapist

Bones and joints, tendons and ligaments—most people ignore these structures until they become painful. Osteoarthritis, especially of large joints like the knee, can make getting around a real problem and an active life impossible. Low back pain due to degenerative disc disease can make it difficult or impossible to find a comfortable position. Carpal tunnel syndrome can make even the simplest daily task, like brushing your teeth, a test of endurance. Pain associated with orthopaedic conditions can significantly limit your activity and affect your ability to work and enjoy social and leisure activities with family and friends.

Physiotherapy is an important treatment option for people dealing with painful orthopaedic conditions. Your physiotherapist will evaluate your pain and assess your movement patterns, posture, strength and flexibility, joints and reflexes and prescribe appropriate therapy.¹ Manual and exercise therapy can decrease pain, improve joint mobility and strength, restore physical function, and prevent future injury—making it easier to perform daily tasks and helping you get back to enjoying life.

Benefits in specific conditions

Osteoarthritis

Physiotherapy can significantly reduce pain and stiffness and improve function and walking ability in people with painful osteoarthritis of the knee—possibly delaying or preventing the need for knee replacement surgery.² A review of therapeutic exercise programs confirmed these benefits in managing knee osteoarthritis,³ and a recent study found that arthroscopic surgery provided no additional benefit to optimized physical and medical therapy in people with moderate to severe osteoarthritis.⁴ Your physiotherapist can work with you to

develop a therapeutic plan to reduce your pain, improve your function, and help you stay active longer.

Degenerative disc disease

Deterioration of intervertebral discs is a normal part of aging, but sometimes disc inflammation causes severe pain, often affecting the lower back. This pain can become chronic—flaring up periodically and then subsiding. Studies have shown that physiotherapy may be as effective in reducing pain and restoring function as spinal fusion, without risking surgical complications.^{5,6} Starting treatment sooner is better than waiting—early physiotherapy can reduce pain and

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improve function and wellbeing more than delayed treatment.⁷ Talk to your physiotherapist about a treatment program to manage your back pain.

Carpal tunnel syndrome

The median nerve controls feeling and movement in the hand. It passes down the middle of the front of the arm and can affect several muscles and tendons of the arm, as well as others running through the carpal tunnel on the underside of the wrist. Inflammation or swelling in this area can compress the median nerve, causing pain and weakness or numbness in the hand, wrist, and possibly the arm. A physiotherapy assessment can determine the specific pattern of pain and nerve

dysfunction and the most appropriate combination and sequence of therapies. Physiotherapists use a range of interventions—including nerve gliding exercises, carpal bone mobilization, splinting, ultrasound, magnetic therapy, and yoga—which have been shown to provide a significant benefit in treating this condition.⁸ Consult your physiotherapist to discuss treatment options for your carpal tunnel syndrome.

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 health care profession that promotes wellness, mobility and independent function. University education, clinical and professional training provides physiotherapists with the knowledge they need 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 medical 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.