News Release

September 6, 2011: September 8th is World Physical Therapy Day

World Physical Therapy Day: Celebrating the role that Physiotherapists play in Alberta’s health care community

EDMONTON: On September 8, 2011—World Physical Therapy Day—members of Physiotherapy Alberta will celebrate a profession that treats more than muscles and joints, and the key role that physiotherapy plays in Alberta’s health care system.

Physiotherapists are highly skilled health professionals that treat various injuries, illnesses and health conditions that cause pain, loss of mobility or limited function such as whiplash, pregnancy-related muscle/joint issues, urinary incontinence and vertigo. They also help patients manage condition related symptoms like arthritis, chronic pain, stroke, brain injury and pneumonia.

“World Physical Therapy Day is an opportunity to recognize the key role that physiotherapists play in Alberta’s health care community,” says Iain Muir, Director of Professional Practice, Physiotherapy Alberta – College + Association. “Physiotherapists’ advanced training and knowledge enables them to assess, diagnose and treat physical symptoms and limited mobility. Physiotherapy is a cost effective, non-invasive option to surgery and drugs, which helps to minimize pressures on other areas of the health system.”

The rehabilitation experts specialize in physical movement and mobility using hands-on treatment to help restore, maximize and maintain movement in children and adults. Physiotherapists understand the underlying conditions causing lack of mobility and focus on the whole body, offering individual treatment plans that consider each patient's total health needs. “The goal is to restore mobility rather than just provide symptomatic relief,” adds Muir.

Access to a physiotherapist is direct—a doctor’s referral is not required—so diagnosis and treatment is not delayed. Physiotherapists work closely with physicians and other health professions if additional health care is needed.

The Physiotherapy Alberta – College + Association’s new interactive website (www.physiotherapyalberta.ca) helps Albertans take more control of their own health. It provides a simple tool to easily find a physiotherapist by location or specialty area, offers information about the many conditions physiotherapists treat as well as physical health and movement tips.

Physiotherapists across Alberta will recognize and help bring focus to World Physical Therapy Day.

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About the World Confederation for Physical Therapy

The World Confederation for Physical Therapy (WCPT) is the profession’s global body representing over 300,000 physiotherapists from member organizations in 101 countries. For more information, visit www.wcpt.org

About World Physical Therapy Day

World Physical Therapy Day falls September 8th every year and is an opportunity for physiotherapists from all over the world to raise awareness about their crucial role in keeping people well, mobile and independent. The day was established by the World Confederation for Physical Therapy (WCPT) in 1996 and marks the date on which WCPT was founded.

About Physiotherapy Alberta – College + Association

Physiotherapy Alberta has two very different but complimentary functions. The College function is to protect the public interest by working to ensure the right systems and processes are in place to support competence in members and quality service delivery. The Association function provides leadership and direction to the profession by offering a range of services to promote excellence in practice, education and research to improve the health and mobility of Albertans.

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