## Going to the physiotherapist (physio)

Mike falls down. He sprains his ankle. He sees his doctor. He sees a physio too.

**Note:** A physical therapist is the same as a physiotherapist.



### Mike's first visit with the physio



Arne is a physio. He asks Mike questions. He checks Mike's ankle. Arne and Mike talk about costs. They plan more visits.

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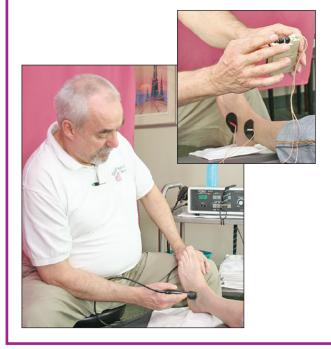
### Arne helps Mike get better

Mike sees Arne 2 times a week for 3 weeks. Here are some things that Arne does.

**1** Arne puts cold packs on Mike's ankle.



2 Arne uses machines.



3 Arne uses his hands.



**4** Arne shows Mike exercises. Mike does the exercises at the clinic and at home.



Special thanks to Arne Heayn, Michael, Alberta Physiotherapy Assoc. Photo illustrations: Bev Burke

How to find ✓ Talk to your doctor, family and friends. a physio ✓ Go to: www.albertaphysio.org

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# 🔊 — Did you know?

✓ People go to university to become physiotherapists.

✓ Physios work in many places. For example: in clinics, hospitals and schools. They also work with sports teams.

✓ Anyone can go to a physio.You do not need a referral from a doctor to go to a physio.



#### Paying for your visit

Talk to the physiotherapist about costs.

✓ Sometimes you must pay for the visits. It costs about \$55 to \$70 per visit.

✓ Some health regions might pay for some visits.

✓ Some health plans at work pay for visits to a physio. Some plans will pay only if you have a referral from a doctor.