

## 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.

 [More on page 2](#)

## 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.



cold pack

- 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 a physio**

- ✓ Talk to your doctor, family and friends.
- ✓ Go to: [www.albertaphysio.org](http://www.albertaphysio.org)

 **More on page 3**



## 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.