

# Physiotherapy

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(Student CPA Representative)

## What is physiotherapy?

Physiotherapists manage and prevent many physical problems caused by illness, disease, sport and work related injury, aging, and long periods of inactivity.

([www.physiotherapy.com](http://www.physiotherapy.com))



Canadian  
Physiotherapy  
Association

Association  
canadienne de  
physiothérapie

National Student Assembly  
Assemblée nationale des étudiants

## What do Physiotherapists do?

Physiotherapists are skilled in the assessment and management of a broad range of conditions that affect the musculoskeletal, circulatory, respiratory and nervous systems. Here are some of the ways physiotherapy can help:

Address physical challenges associated with back pain, arthritis, repetitive strain injury etc.

Attend to sports injuries and provide advice on prevention and recurrence

Direct care for children with paediatric conditions such as developmental delay, fractures and cardiorespiratory conditions

Get you back on your feet after surgery

Help you manage the physical complications of cancer and its treatment

Manage incontinence

Maximize your mobility if you have a neurological disorder such as stroke, spinal cord injury or Parkinson's disease

Oversee rehabilitation in your home after you have been ill or injured

Provide pre- and post-natal care and attend to other women's health conditions

Treat neck and back pain and other joint injuries

Work with you to treat and manage respiratory and cardiac conditions

## Where do physiotherapists work?

In-patient and out-patient hospital settings (ICU, NICU, surgical floor), Neuro-rehabilitation settings, Cardiac Rehab clinics, Resp-Rehab clinics. Dialysis-clinics, Privately own clinics (mainly in orthopedics), Child development centers, Women's health clinics, Sports events/sport teams.

## Education:

Currently in Canada if you would like to become a physiotherapist you must get a Masters of Science - Physical Therapy. M.Sc. PT

## Licensing bodies:

Ontario Physiotherapy Association (OPA)

Canada Physiotherapy Association (CPA) – Voluntary national professional association

## Role of the CPA representative:

-Assisting with the CPA Membership Recruitment campaigns at their schools – materials are provided to assist with this process, and CPA's provincial branches are also usually involved;

-Helping with special projects on a voluntary basis such as fund-raising, writing articles for *Contact*, contributing to the web site, or working with other student advocacy groups on inter-professional initiatives;

-Attending the NSA Annual General Meeting, which takes place at Congress each year. While direct funding is not available for this for positions other than the NSA President, often being an NSA representative can assist in Congress fundraising efforts with your school and/or provincial branch.