

DESCRIPTION OF SERVICES

Physiotherapy addresses the development, rehabilitation, and improvement of movement skills and performance in those students who require support. Physiotherapists may work on gross motor skills such as rolling, crawling, sitting, standing, walking and running as well as improvement in flexibility, muscle strength, muscle length, endurance, balance, coordination, posture and fitness.

Physiotherapy will look at student performance and provide adaptations for student participation in a variety of areas including physical activity within the schools, community and at home. We work with the student, the family, caregivers, teachers, Education Assistants and other health care professionals to establish an individualized therapy treatment plan and goals.

PHYSIOTHERAPY INTERVENTIONS MAY INCLUDE:

- **Gross Motor Assessment**
- **Orthopaedic Assessment**
- **Vestibular Assessment**
- **Exercise/Therapy Programs**
- **Recommendation or assistance in the prescription of equipment such as:**
 - Splints for legs and/or feet
 - Supports for arms/and or hands
 - Specialized chairs or modifications to commercial chairs



WHAT IS DISTRICT PHYSIOTHERAPY SUPPORT?



Physiotherapists are primary health care professionals with a significant role in health promotion and treatment of injuries and disease. They combine their in depth knowledge of the body and how it works with specialized hands on clinical skills to provide thorough assessments and treatments of injuries and illnesses.

All physiotherapists registered to practice in Canada are qualified to provide safe and effective physiotherapy. They have earned either a Bachelor's degree or a Master's Degree in Physiotherapy and have successfully passed a standardized physiotherapy competency examination prior to being registered with the college of physiotherapists in British Columbia.

CONDITIONS WE TREAT

Physiotherapists are skilled in the assessment and management of a broad range of conditions that affect the musculoskeletal, circulatory, and respiratory and nervous systems including but not limited to:

- Cerebral Palsy
- Down Syndrome
- Various Neurological conditions and palsies
- Global developmental delay
- Developmental coordination disorder
- Low/High Muscle tone

Reasons for a referral may be but are not limited to:

- Physical Diagnosis
- Need for Equipment or staff education on equipment use (lifts, walkers, etc.)
- Need for a modified PE program
- Parent concern regarding movement, coordination, alignment, posture, strength

HOW TO ACCESS SERVICES:

To request a physiotherapy assessment for your child, please contact your child's school (teacher, principal) and the School Based Team will be notified.

CONTACT:

**ROBYN KINRADE BSC.,
MPT, REGISTERED
PHYSIOTHERAPIST.**

Cell: (250)551-6427

Email: Robyn.kinrade@sd8.bc.ca