

## What you can expect

AHS offers funded physiotherapy services in AHS facilities and contracted clinics to help you improve your function, better understand your condition and learn what you can do to stay healthy and independent.

### **Here's what you can expect from physiotherapy services:**

At your first appointment, the physiotherapist will need to see how you are moving. This will help the physiotherapist better understand your injury or condition. The physiotherapist will ask you questions about the history of your injury or condition, your medical history and the medication you take.

Together, you and the physiotherapist will set realistic goals for your recovery and return to daily activities. Examples include, "I want to be able to sleep through the night," or, "I want to be able to carry my grandchild."

During your follow up visits (in-person or virtual), you can expect to learn:

- How you can better manage your condition
- Exercises and activities for you to do at home
- How to modify your daily activities to make them easier or more comfortable
- How your visits will be spaced apart, so you can continue to heal and make progress between visits.

At any time, you can ask the physiotherapist questions and talk about what is or isn't working for you. If you notice your symptoms are worsening, let the physiotherapist know.

At each visit, the physiotherapist should give you a plan to take home. The plan will help you manage on your own. Your final visit is a good time to also ask the physiotherapist for suggestions to continue working towards your goals.