

Three Ways to Choose a Great Physiotherapist

**By Kusal Goonewardena
APA Sports Physiotherapist
Vigor Sports Medicine
Clinics**

Physiotherapists are health care professionals who focus on assessment, treatment and prevention of physical disorders. Their work is diverse in the fields of musculoskeletal (muscles, joints and bones), cardiothoracic (rehabilitation of heart and lungs) and neurology (rehabilitation after stroke and other neurological issues).

Tip 1

Ensure there are positive results to your condition after 3 visits. Chronic problems can take many months of rehabilitation. A Physiotherapist should be able to make a difference to your condition in 3 visits. Example of this is a decrease in pain or an improvement in the way you move.

Tip 2

You should be given exercises. After the first or second visit there should be an exercise program in place to maintain your health and well being.

These programs are to be done at home, your gym or hydrotherapy pool.

Tip 3

Find out how your physiotherapist is measuring your

improvement. What tests are conducted to make sure that there is a change. You should know how you are improving, how much improvement is expected and what steps are to be taken for recovery.

All Physiotherapists at Vigor Sports Medicine Clinics are members of the Australian Physiotherapy Association (APA). There is a large team of 8 Physios who cover spinal, muscular, and joint pain, sports injuries and chronic pain (including WorkCover and TAC injuries).

We communicate with your GP's and specialists and let them know of your progress. You do not need a referral to attend Physio

and in some cases we accept Medicare cards.

We also provide free phone consultations. So if you are unsure whether a Physio can help all you need to do is to call.

At Vigor we believe in a holistic approach, therefore we have experts such as Orthopaedic surgeons, Podiatrists, Psychologists, Diabetes instructors, Massage therapists, Acupuncturists and Naturopaths all under the one roof.

Editor - We asked the Vigor Sports Medicine Clinic to write this article on Physiotherapy after executives of this paper were treated by Joseph Louka, a Vigor Physiotherapist, with much success.



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