Physiotherapy can help!

Physiotherapy Keeps You Moving!

As specialists in health promotion and treatment of injury and disease, we can work with you to manage:

- Chronic Disease
- Cardiovascular Rehabilitation
- Falls Prevention
- Post-Surgery Recovery
- Low Back Pain
- Muscle and Joint Injury
- Stroke Rehab
- Exercise Programs
- Chronic Pain

and more!

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Moving to Good Health!

www.aht.ca
CONTACT US

Grandfather Teachings

Respect - Buffalo
Love - Eagle
Courage - Bear
Humility - Wolf
Honesty - Sabe (bigfoot)
Wisdom - Beaver
Truth - Turtle
What to expect for the first appointment?

The Physiotherapist will discuss your concerns and perform physical tests to assess flexibility, strength and quality of movement.

Together you will set goals and an individualized treatment program will be designed for you.

Our approach and techniques are supported by the best evidence available.

Physiotherapy treatments can include the following:

- Personalized exercise programs designed to improve your strength, range of motion, and function
- Joint mobilization and soft tissue therapy
- Functional activity training
- Work and occupational re-training and return to work planning

We also provide teachings about:

- Exercise principles
- Falls prevention
- Physical wellness during pregnancy
- Chronic pain

Find Balance with Physiotherapy!