

## Physiotherapists able to help you even MORE!

Do you know what physiotherapy really is or all the amazing things they can do for you? Do you know what role they play in injury prevention and treatment? If you answered no, you are not alone. “Our very own recent study of Northumberland County suggests that most people think physiotherapists just massage, or just give exercises,” says David Evans, physiotherapist and co-founder of [we-fix-u: Your Physiotherapy and Foot Health Centres](#). “While those techniques are part of what physiotherapists do, that isn’t *all* we do. Not knowing the scope of practice of a physiotherapist limits your ability to get the best drug free therapy available”.

Physiotherapists are primary health care providers who have gone to University for 6-7 years, specifically studying body science and injury management. Through this training, they develop an advanced knowledge of how the body works, what keeps it from moving well, and how to get your body back to moving properly. To do this, they use very specialized hands-on manual skills to evaluate and treat symptoms. “Our goal is prevention and/or injury management by improving or maintaining your physical mobility and independence, by maximizing your strength, function, movement and overall wellness,” says Mr. Evans.

In Ontario, patients have direct access to evaluation and care by a physiotherapist, (which means you don’t need to wait long times to see your doctor, just to get a referral). However, despite direct access to care, years of advanced medical training, and a study which demonstrated more accurate clinical diagnoses of musculoskeletal injuries by physiotherapists than resident MD’s, physiotherapists weren’t able to communicate a diagnosis to their patients. Despite the ability to thoroughly assess and diagnose conditions, the Ontario government didn’t permit physiotherapists to “tell” their patients what was wrong with them. This “rule” however, has changed.

“Our staff at [we-fix-u](#) is celebrating,” says Mr. Evans. “We are celebrating that on September 1, 2011 the Ontario government awarded our profession the ability to now communicate a diagnosis”.

“While we were already fantastic at what we do, this new legislation is going to assist us in providing an even greater experience for our patients. At our clinics, our staff strives to educate our patients about their condition and what we need to do to get them better; allowing us to

communicate the diagnosis is going to help us educate them even more. We expect higher patient compliance and even more successful results.”

### **About David Evans, PT:**

David is the co-founder of his new rapidly growing business, [we-fix-u: Your Physiotherapy and Foot Health Centres](#), which has two locations in Northumberland County

David’s team has won the Reader’s Choice Award 9 consecutive years and was nominated for a “Business of the Year” award.

David is known well in the community, by providing physiotherapy services to thousands of locals needing his help, and to residents at several local long-term care and retirement homes, along with his physiotherapy team.

David is a sports enthusiast, enjoying and participating in nearly every sport. His passion is educating people about how to make physical improvements and how to get into optimal health and shape, to live a longer, healthier and injury-free life. Visit [we-fix-u.com](#)

### **About we-fix-u**

The staff at [we-fix-u](#) understands that pain and disability impact your life and you don’t always have enough time to take care of it. The Dave and Cristol Standards of Care for [we-fix-u](#) encompass a three-pronged approach to treating your ailments. The First is to resolve your symptoms so you can start to feel better, faster. The Second is to discover the root of the problem so they can prevent it, and new ones, from returning. The Third is to make your treatment fun, friendly, effective and professional.

[we-fix-u](#) Physiotherapists strive to be at the leading edge of evidence-based practice, always staying current with new techniques, technologies and developments in the field. [we-fix-u](#) Chiropodists are leaders in areas such as biomechanics and gait analysis, orthotic therapy, wound management, diabetic foot health and preventative care. [we-fix-u](#) is also a Custom Orthotic Centre, using the suspended sub-talar joint neutral technique for orthotic casting which is the gold standard. Therapeutic massage is offered by Registered Massage Therapists as a treatment for back and neck pain, whiplash, stress, pregnancy-related muscle pain, sports and other soft-tissue injuries. [we-fix-u](#) also offers performance and health enhancement services, reinforcing their proactive approach to client care in the workplace and in everyday life. The staff at [we-fix-u](#) has the ability to use a true multidisciplinary approach to your wellbeing. This allows them to consult with various experts on their team, to ensure they are giving you the best and most comprehensive approach to getting you better.

[we-fix-u](#) has two locations in Northumberland County: 727 William Street in Cobourg, and 125 Toronto Road in Port Hope. Visit [we-fix-u.com](#)