



PHYSIOTHERAPIST (PHYSICAL THERAPIST)

What is a Physiotherapist?

A physiotherapist, or physical therapist, is a health care professional that provides physical rehabilitation and pain relief to people including those with osteoarthritis, repetitive strain injury, whiplash, sports injuries, or spinal cord injuries. Part of their care includes the prevention of injuries.

Some physiotherapists may focus their practice in particular clinical areas such as senior's health, women's health, oncology, rheumatology, orthopedics, children's health, or sports injuries.

The job responsibilities of a physiotherapist generally include:

- Assessing a patient's physical abilities and needs;
- Developing of a treatment plan according to the patient's individualized needs;
- Implementing programs including therapeutic exercise, manipulations, massage, education, and the use of electro-therapeutic and other mechanical equipment and hydrotherapy;
- Providing consultation on injury prevention and health promotion

A career in physiotherapy requires:

- Manual dexterity;
- An aptitude for the sciences;
- Patience;
- Strength and stamina;
- Excellent verbal and written communication skills;
- An interest in helping people with physical disabilities and injuries
- The ability to work both individually and as part of a multidisciplinary health care team;
- An interest in operating electrotherapeutic and other mechanical equipment; and
- An interest in implementing programs including therapeutic exercise, manipulations, massage, education, use of electro-therapeutic and other mechanical equipment and hydrotherapy.

How do you become a Physiotherapist?

- An undergraduate university degree in physiotherapy and a period of supervised practical training.
- Completion of the Physical Therapy Competency Examination (PCE) that is offered by the Canadian Alliance of Physiotherapy Regulations (www.alliancept.org).
- A licence or registration with the Saskatchewan College of Physical <http://www.scpt.org/>

Where can you get trained to be a Physiotherapist?

Saskatchewan

University of Saskatchewan
School of Physical Therapy
University of Saskatchewan
<http://www.usask.ca/physther/>

Alberta

University of Alberta
Department of Physical Therapy
Faculty of Rehabilitation Medicine
www.ualberta.ca or www.rehab.ualberta.ca

Manitoba

University of Manitoba
Division of Physical Therapy
School of Medical Rehabilitation
www.umanitoba.ca/ or
www.umanitoba.ca/medicine/medrehab

British Columbia

University of British Columbia
Division of Physical Therapy
School of Rehabilitation Medicine
www.rehab.ubc.ca or www.admissions.ubc.ca/

Ontario

McGill University
Physical Therapy Program
School of Physical & Occupational Therapy
www.medicine.mcgill.ca/spot

McMaster University
Physiotherapy Program,
School of Rehabilitation Science
Institute for Applied Health Sciences
www.mcmaster.ca or www.fhs.mcmaster.ca/rehab

University of Western Ontario
School of Physical Therapy
Faculty of Health Sciences
www.uwo.ca/ or www.uwo.ca/fhs/pt

University of Toronto
Department of Physical Therapy
Centre for Function and Well Being
www.utoronto.ca

Queen's University
Physical Therapy Program
School of Rehabilitation Therapy
www.queensu.ca or www.rehab.queensu.ca

University of Ottawa
School of Rehabilitation Sciences
Physiotherapy Program
www.uottawa.ca

Nova Scotia

Dalhousie University
School of Physiotherapy
www.dal.ca

What do you need to get into the University of Saskatchewan Physiotherapy program?

The admissions protocol at the University of Saskatchewan involves both academic performance and an interview.

a) Academic: A full year of university courses must be completed before April of the year of application. Most students complete a 2-year pre-physical therapy program (60 credit units) completed at the University of Saskatchewan or with equivalent courses offered at other universities.

There are 39 designated (or required) courses within the pre-physical therapy program. A minimum of 60% must be maintained in these designated courses.

What do Physiotherapists Study?

A program in physiotherapy typically includes courses on:

- Therapeutic movement;
- The cardio-respiratory system;
- Physiology;
- Human visceral anatomy;
- Communication/professionalism;
- Foundations of exercise and work physiology;
- Clinical kinesiology;
- Electro-physical agents in physical therapy;
- Health education;
- Musculo-skeletal assessment and treatment;
- The nervous system;
- Research methodology; and
- Orthopedic and sports physical therapy

Where do Physiotherapists Work?

- Regional Health Authorities
(Including public health, community health centers, general hospitals, home care, rehabilitation hospitals, long-term care facilities)
- Government
- Research Centres
- Educational Institutions
- Private Practice
- Sports Organizations
- Industrial or Commercial Workplaces

What is the salary of a Physiotherapist?

Physiotherapist/physical therapist pay rates are according to the Health Sciences Association of Saskatchewan (HSAS)/SAHO Collective Agreement: <http://www.hsa-sk.com/>

Related Links

Canadian Physiotherapy Association

<http://www.physiotherapy.ca/enghome.htm>

World Confederation for Physical Therapy

<http://www.wcpt.org/>

Physiotherapy Foundation of Canada

<http://www.physiotherapyfoundation.ca/>

Please check the Saskatchewan Health Bursary webpage for information about bursaries for health science students: http://www.health.gov.sk.ca/hhrp_bursaries.html