



Nova Scotia
Physiotherapy
Association



Sport Physiotherapy Canada
Physiothérapie sportive du Canada

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Canada Winter Games will leave a healthy legacy for Nova Scotia's young athletes

HALIFAX (February 10, 2011) – As the excitement builds for the start of the Canada Winter Games, physiotherapists from Nova Scotia and beyond are preparing to keep Canada's best young athletes in top shape.

The Canada Games athletes will be competing in a wide variety of challenging and high pressure events that will put incredible demands on their bodies. The possibility of getting injured is a reality every Canada Games athlete has to contend with. But at these Games the athletes will be getting the best possible care to prevent them from getting hurt, and the best possible treatment for any injuries that may arise.

A large contingent of physiotherapists (42), including several of Canada's top certified sport physiotherapists, will be on hand to make sure the young athletes are able to perform at the highest level without compromising their health. Thirty-seven of these physiotherapists are from right here in Nova Scotia.

Besides prevention and treatment of current injuries, physiotherapists will also be involved in providing therapy and intervention to facilitate recovery. The physiotherapists working at the Canada Winter Games fall into two groups. Some will work on-site at the thirteen Games venues. Others will be based at the Athletes' Polyclinic where athletes can receive treatment between and following competition. Regardless of their location, the Canada Games physiotherapists will help athletes stay in tip-top condition.

"The Games will provide Nova Scotia's physiotherapists with an opportunity to work with high performance athletes alongside some of Canada's top sport physiotherapists," notes Karen Decker, Lead Physiotherapist and Polyclinic Manager. "This is great for the athletes, and it also builds the expertise of Nova Scotia's sport physiotherapists. Skilled therapists, combined with improved sports infrastructure and the general enthusiasm for sports that the Games has generated will all create a lasting legacy for young Nova Scotian athletes at all levels of competition."

A majority of the physiotherapists who will be at the Canada Winter Games are members of the Nova Scotia Physiotherapy Association and the Nova Scotia Section of Sport Physiotherapy Canada (NS-SPC), a division of the Canadian Physiotherapy Association. They are specially trained to treat high performance athletes and provide the daily physiotherapy treatments that are often critical for an athlete's performance. These treatments can be a significant factor in the ability of the athlete to make it onto the medals podium.

Physiotherapists are pleased to be playing a critical role in the medical preparation and treatment of the athletes that will be competing in Nova Scotia in February 2011, and look forward to contributing to the lasting legacy created by the Canada Winter Games.

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For more information and spokesperson interview:

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