



## **MEDIA RELEASE**

### **For immediate release**

### **Four physiotherapy practice areas you may need to know more about – May is National Physiotherapy Month in Canada**

**HALIFAX** – Did you know physiotherapists treat incontinence, help breast cancer patients recover, and can even help you improve your sex life? May is National Physiotherapy Month and the Canadian Physiotherapy Association (CPA) is putting the spotlight on four practice areas:

- Orthopaedics
- Women's health
- Neurosciences
- Cardiorespiratory

We're celebrating the myriad of rehabilitative and health management skills physiotherapists across the country are using to promote good health, prevent injury and improve the physical function and well being of Canadians. These skills are used to treat patients with a wide range of injuries and illnesses. Whether it's a minor injury like a sprained ankle or a serious chronic illness like lung disease, Canadians rely on physiotherapists to help them take back control of their health and improve quality of life.

#### **Four facts about physiotherapy you may not be aware of:**

- In orthopaedics, physiotherapy can significantly lessen the pain of osteoarthritis of the knee, delay or possibly even prevent the need for knee replacement surgery.
- In women's health, physiotherapy can produce a substantial and lasting reduction in pelvic pain which can interfere with sexual function, sleep, and daily functioning.
- In neurosciences, therapeutic exercises prescribed by a physiotherapist can improve balance, coordination, strength, flexibility, mood, and cardiovascular function in people with stroke, Parkinson's disease, multiple sclerosis and other conditions.
- In cardiorespiratory health, physiotherapy can help people who suffer from lung disease breathe better. In chronic obstructive pulmonary disease, for example, physiotherapy can decrease the frequency of exacerbations.

This National Physiotherapy Month, CPA invites all Canadians to visit [www.physiotherapy.ca](http://www.physiotherapy.ca) to learn more about what physiotherapists do in these four practice areas. You'll find links to public information about what physiotherapists do in these and other practice areas. We also offer online resources to help Canadians find a physiotherapist for a local consultation.

If you are experiencing physical pain or have impaired movement as a result of an orthopaedic, women's health, neurosciences or cardiorespiratory condition, ask a physiotherapist. No referral is required.