

# Protecting the Health of Nova Scotia



Nova Scotia  
Physiotherapy  
Association



Canadian  
Physiotherapy  
Association

Physiotherapy clinics across Nova Scotia are strictly following regulatory and provincial health guidelines for the protection of patients, families, and communities. Regulated by the Nova Scotia College of Physiotherapists, we have a professional obligation as well as the legal requirement to provide clients with safe, competent, and ethical care.

Stephen Richey, president of the Nova Scotia Physiotherapy Association, says patients will notice physical distancing measures in offices and the extra personal protective equipment used by clinicians.



We are well-educated and very competent in infection control so there are going to be ways that we can still provide the same quality of care for Nova Scotians

— Stephen Richey, President of the Nova Scotia Physiotherapy Association

We know that healthcare delivery has changed for all of us. Patients may be fearful of or at risk during in person treatments. We've adapted by transitioning to virtual care, which offers increased access to our rural communities and reduces exposure to potential infection. As clinics resume services, our practitioners are focused on ensuring patient comfort and total peace of mind during treatment to protect and maintain the health and wellbeing of the public. **Here's how:**



Wearing personal  
protective equipment



Implementing  
screening practices



Disinfecting  
treatment areas



Thorough  
hand sanitizing



## Your Partners in Health, and in Recovery

We work closely with other health professionals, including physicians, occupational therapists, nurses, speech pathologists, social workers, respiratory therapists, massage therapists, and more. A referral to physiotherapy services can provide your patients with timely access treatment for a variety of conditions, including:

- Chronic pain management
- Cardiorespiratory rehabilitation post-COVID-19,
- Treatment for COPD, asthma and chronic bronchitis
- Pre and post op joint replacement rehabilitation, as surgeries resume
- Arthritis
- Osteoporosis
- Recovering from an illness or surgery
- Stroke and head injury, including concussion management
- Incontinence
- More



## Part of the Health Care Team

Physiotherapy professionals work side by side with physicians, nurses and allied health care teams in general and rehabilitation hospitals, in patient's homes, community health centres, residential care, assisted-living facilities, and long-term care facilities.

1  
As patients recover from surgery, we can help you help them get back on their feet.

2  
As physical distancing measures are eased, we can help patients safely resume exercises and recover from reduced activity, isolation, and sedentary behaviour.

3  
We can support patients as they improve their cardiovascular health as a preventative measure against future waves of COVID-19.

Physiotherapy is an essential member of the health care team for all Nova Scotians.

The Nova Scotia Physiotherapy Association (NSPA) is a dynamic healthcare professional organization, over 700 members strong. We are your essential partner for optimizing the health of Nova Scotians.



[Click Here to Find a Physiotherapist in Your Area Now!](#)