

Top 4 Questions to Ask Before Booking Your Physiotherapy Assessment

1. Have you treated an injury like mine before?

Get an idea of your physiotherapist's experience with conditions similar to yours.

3. Are sessions one-on-one with the physiotherapist? How much time will be spent with the physiotherapist?

To make the most of each and every session and maximize your recovery, 100% of your session should be spent with your physiotherapist!

2. How long are sessions?

Sessions should be long enough to cover a recap of how things have been going, a treatment, and time for questions at the end. On average, 30 minutes for a treatment should be a minimum.

4. How much of the treatments are hands-on? Do you use modalities (machines)?

Machines like TENS, IFC, and ultrasound are not the most effective means to your recovery. Hands-on manual therapy and exercise have been proven to be the most effective way to eliminate pain.