

For Patients

What To Expect

“I booked my appointment, what’s next?”

If you are new to physical therapy in Lethbridge, you probably have some questions about the process. This section is here to hopefully answer those questions! If your question isn’t answered here, check out our FAQ page (make link) for more questions and answers.

On your first visit to Peak Physical Therapy, a complete assessment will be performed by a physical therapist to determine the nature and extent of your injury. This assessment includes:

- Taking a comprehensive history of your symptoms
- A physical examination
- A diagnosis
- Treatment plan design
- Setting treatment goals

The physical examination will require an observational component, so your therapist may ask you to change into some shorts, a tank top, or a gown.

The assessment process can be intensive - it sometimes results in some increased discomfort for the rest of the day. Let your therapist know if you did experience some increased discomfort, so that they can adjust your treatment as needed for future appointments.

Treatment varies depending on the injury, however some of the typical treatment methods include:

- Manual therapy
- Soft tissue release techniques
- Modalities such as Ultrasound or Interferential Current
- Acupuncture
- Intramuscular Stimulation (IMS)
- Therapeutic exercise
- Education

Over the course of your treatment, continual evaluation will be done to determine the effectiveness of the current treatment, and if any adjustments need to be made to the treatment plan. We will also work with your other health care providers to ensure that you receive the best care possible.

During your rehabilitation, your physical therapist may also have you work with one of our excellent Physical Therapy Assistants and/or Exercise Therapists to help further your recovery.

Physical Therapy is an ACTIVE rehabilitation process. The exercises that your therapist gives you are KEY to your recovery. These exercises are designed to complement the hands-on techniques used during your appointments. Without the exercises, the relief will be temporary, and the risk for recurrence is high.

Physical Therapy is a **partnership**.

Together, we will strive to achieve your best possible recovery!