

9 THINGS YOU SHOULD KNOW BEFORE CHOOSING YOUR **PHYSIOTHERAPIST**



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INTRODUCTION

If you are researching physiotherapists and different types of treatment for yourself, your children, or a loved one, you are in the right place. Just like every problem is different, physio practices are different. In your search, you will most likely find similar treatment options, even named the same. That being said, not all treatments are the same.

At In Balance Physiotherapy and Fitness (IBPF), our mission is to serve others. Our vision is changing lives, advancing the profession, and supporting our community. There is no better reward than seeing how happy our patients are when they reach their best result. To help support our mission and to help you choose the right physiotherapist, even if it is not us, I put this report together, “The Top 9 Things You Must Know before choosing a Physiotherapist”.

We want you to be educated about your options and feel extremely comfortable with your physiotherapist and choice of treatment. After reading this report, you can also browse our website, or simply stop in at our clinic, 306 Fitzgerald St Northam, for a chat.





ARE THEY A SPECIALIST?

Physiotherapists have a Bachelor degree in Applied Science. After the degree, some do further study to gain Post Graduate qualifications to become specialised and the next higher Level is to become “Titled.”

Our team of physiotherapists are ALL highly qualified with Post Grad qualifications in the injury rehab field. Our team includes a Titled Sport Physiotherapist; Physiotherapists with Sport Science Degrees and an Exercise Physiologist.

At IBPF we don't just TREAT clients we also TEACH physiotherapy to University students as well as TRAIN other physiotherapists.





DO THE PHYSIOS TAKE A HOLISTIC APPROACH, OR ONLY LOOK AT THE INJURED SITE?

It is very important that your physio examines all areas above and below the problem area. The opposite side must be examined for normative comparison ...this is standard practice.

Most people only seek a physio for injuries or pain that just won't go away.....

Lets be honest... everything heals on its own! When an injury or pain persists, it is most often because something about that person's body or movement is aggravating it and not allowing it to heal naturally. For example persistent knee pain could be due to poor lower limb alignment, or headaches due to poor posture.

At IBPF, the physios will look at the whole body, in order to determine causative factors. By treating the cause and not just the symptoms we can achieve long-term results and empower people so they don't need to keep coming back.





DO THE PHYSIOS GIVE A TREATMENT PLAN?

Treatment plans should be standard so that you know what is wrong with you, how you can fix it and how long it will take to get better.

At IBPF all clients are given a full Treatment Plan....so they know * the cause * Goals * how long it will take to get better *how much it will cost. Most importantly if physio is the best option !





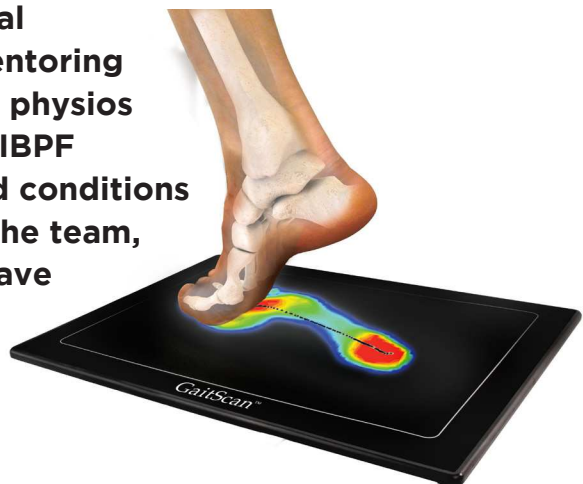
ARE THEY USING THE LATEST TECHNOLOGY & TREATMENT OPTIONS AVAILABLE?

At IBPF, we are constantly staying up-to-date with technology and treatment options

In fact, Alex Gazis-Morris interacts nationally with other specialised physios and is constantly discussing new treatment options. At the same time, she specifically discerns which treatment options make the most sense and which ones don't. Ultimately, you get the best treatment available when you choose IBPF.

Some of the latest assessment tools include Digital Posture Analysis and Gaitscan. If foot biomechanics are a causative factor we can assess accurately with a Gaitscan. If posture is a possible cause of the problem, then we have a digital tool to measure posture.

Continual professional development and mentoring by senior specialised physios is an integral part of IBPF culture. Complicated conditions can be reviewed by the team, and if needs be we have external medical specialists who assist with reviews.





DO THEY OFFER LONG CONSULTS?

Longer appointments are important so you never feel rushed and there is enough time for the therapist to understand you, and your problem.

For an initial appointment, the minimum time to get to know you, do a thorough assessment, diagnose and start setting up a treatment plan is 40 mins. However 1 hour is preferred to give enough time for full treatment planning... especially with complex conditions.





ARE THERE ANY INJURY REHAB FACILITIES ?

Being able to combine hands on physiotherapy with exercise rehab speeds recovery time so access to exercise facilities should definitely be something you look for when choosing the right physiotherapy.

IBPF has a large Injury Rehab facility (full gym and functional exercise room) with the latest equipment and therapeutic classes. Allowing clients to reach full functional goals under the guidance of a multidisciplinary team.





DOES THE PHYSIO OFFER WORK SPECIFIC REHABILITATION FOR INJURED WORKERS?

Functional rehabilitation and regular communication/meetings with the GP, employer, insurer and employee are vital for optimal RTW.

At IBPF we design Work Specific Programs, that are conducted in a gym, set up for work simulation.





IS THERE A MONEY BACK GUARANTEE?

I think you really need to be finding a health provider that's willing to provide a guarantee because that shows that they are committed to providing exceptional service, and it removes any risk for you. It shows they stand by the service they provide.

IBPF offer 100% Money Back Guarantee!

We strive to give the best service to our clients. If you are not happy with your service, we will refund you the cost of your appointment 100% as well as get you back in to see our Principal Physiotherapist, free of charge.





DO THEY MAKE YOU FEEL SPECIAL AND COMFORTABLE?

Regardless if you are reading this report for your own treatment or for your child's treatment, when you meet with your physiotherapist, you should definitely feel comfortable. At IBPF, we strive to make you as comfortable as possible before, during, and after treatment.

You are special and we want you to feel special every time you see us.



FINAL WORDS

I hope this ebook has been helpful in your search for the best physiotherapy practice.

Whether that is our clinic or not.

Do your research well, save time, money, and most importantly get great results so you can have your best life!

If you want to make sure we are the right practice call now for a

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