



# PHYSIOTHERAPY IN EDMONTON

Enhancing Mobility, Improving Life



[vertexphysio.ca](https://vertexphysio.ca)



# WORKING WITH A PHYSIOTHERAPIST IN EDMONTON

**Clinical Focus:** Collaborate with a physiotherapist in Edmonton who focuses on musculoskeletal health and movement.

**Specialized Areas:** We offer focused care in Pelvic Floor Health, Vestibular Rehabilitation, and Concussion Management.

**Individualized Plans:** Treatment plans may include manual therapy, IMS/Dry Needling, or Shockwave Therapy depending on your assessment.

**Professional Standards:** Our team adheres to established clinical guidelines to support your physical well-being.





# Comprehensive Services at Vertex Physio

- **Injury Management:** We assist with the management of sports-related injuries, workplace (WCB) claims, and motor vehicle accidents.
- **Movement-Based Care:** Our clinicians act as movement guides, helping you understand how targeted activity might assist in your recovery process.
- **A Holistic View:** We consider your lifestyle and physical demands to create a rehabilitation path that suits your specific situation.
- **Accessibility:** Direct billing is available to help streamline your access to physical therapy in Edmonton.

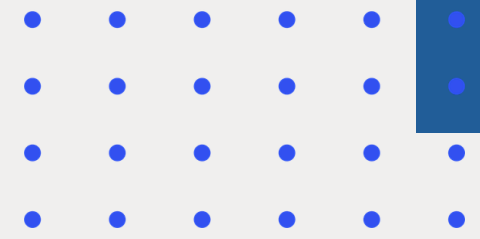




# Common Conditions Treated

A physiotherapist can address a variety of physical health issues. From joint problems to neurological disorders, the scope of physiotherapy includes:

- Back and neck pain
- Sports-related injuries
- Joint and muscle stiffness
- Recovery after stroke
- Post-operative rehabilitation

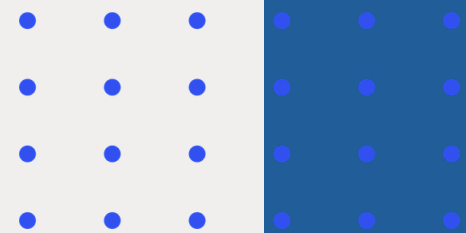




# Physiotherapy and Wellness

More than just treatment, physiotherapy is a pathway to holistic well-being. It encourages a proactive approach to health, helping individuals stay active, relieve stress, and maintain a higher level of physical and mental wellness throughout life.

- Promotes healthy, active lifestyles
- Reduces stress and anxiety
- Improves sleep and energy
- Encourages self-care habits
- Prevents physical deterioration





# *Thank You!*



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