

PSI Evidence-Based Newsletter

The **only** physiotherapy clinics in Ottawa **accredited** by the Canadian Physiotherapy Association for excellence in service

Exercise - The Facts

- People who exercise at least 20 minutes/week missed significantly less work than those who did no exercise.
- Patients with low back pain who participated in a physiotherapist-led exercise group reported significantly better outcomes than the control group who were just followed by their doctor.
- Older adult in-patients do not remember physiotherapy exercises effectively after a single teaching session and their memory is not significantly improved by provision of an exercise sheet.

What can exercise do?

- Increase range of motion
- Increase strength and flexibility
- Increase balance and proprioception
- Increase cardiovascular fitness
- Correct muscle imbalances
- Increase endorphin release, which produces pain relief and a feeling of well-being.
- Decrease depression
- Help to preserve bone mass and may increase bone density.

Physiotherapy helps!

- Early aggressive exercise improves post operative rehabilitation after discectomy.
- Immediate physiotherapy reduces pain in patients with fractures of the humerus.
- Physiotherapists excel in prescribing exercises for acute and chronic conditions.
- Research results provide high level evidence that therapeutic exercise is beneficial for patients across broad areas of physiotherapy practice.

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Physiotherapy Association of British Columbia physicians briefings for physicians, Spring 2003

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R Campbella, M Evansa, M Tuckerb, B Quiltyb, P Dieppecc, J L Donovan. Why don't patients do their exercises? Understanding non-compliance with physiotherapy in patients with osteoarthritis of the knee

Why use PSI Physiotherapy and Sports Injury Centres?

- ✓ We focus on functional outcomes.
- ✓ We improve level of function, ability to work, and quality of life.
- ✓ We aim for long-term results not just short-term pain relief.
- ✓ 81% of PSI patients surveyed felt 76-100% better after physiotherapy.

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