

# PHYSIOTHERAPIST



## WHAT THEY DO

Physiotherapists (also known as PTs) are sometimes known as movement specialists. They work with people who have illness or injuries that affect physical function, mobility, and pain. Physiotherapists assess, diagnose, treat, monitor and educate patients to improve and maintain their physical health. They help patients restore or maintain movement, prevent and manage pain, and promote fitness, health and wellness.

Physiotherapists work with their patients and other health professionals to collect and review health information. Then, they develop, implement and monitor customized care plans based on patient needs. Physiotherapists recommend and demonstrate appropriate therapeutic exercise for their patients. They also use a variety of manual therapies, equipment and treatment techniques in the course of their work.

## HOW THEY WORK

Physiotherapists work in a variety of settings including hospitals, community health centres, schools, continuing care facilities, clinics and within clients' homes. Physiotherapists practice independently and as part of interprofessional teams. They collaborate with other therapists, assistants, physicians, nurses, administrative staff, managers and other health care professionals during the course of their work.

## TRAINING

To become an PT, you must complete a Master of Science degree specializing in physical therapy. The University of Alberta is the only Alberta-based Physiotherapist training program. Physiotherapists are regulated by Physiotherapy Alberta College and Association.

Physiotherapists in Alberta 2019 (CIHI 2019 data)	
<b>SUPPLY</b>	<b>3086</b>
<b>% CHANGE SINCE 2018</b>	<b>+3.8%</b>
<b>RATE PER 100,000 POPULATION</b>	<b>71.6</b>
<b>PROPORTION OF:</b>	
FEMALES	<b>71.3%</b>
MALES	<b>28.7%</b>

## RESOURCES

### REGULATORY BODY:

Physiotherapy Alberta <https://www.physiotherapyalberta.ca/>

### ALBERTA ALIS PROFILE:

<https://alis.alberta.ca/occinfo/occupations-in-alberta/occupation-profiles/physiotherapist/>

### AHS CAREER PROFILE:

<https://www.albertahealthservices.ca/careers/Page11751.aspx>