Acknowledgement
Thank you to the Canadian Physiotherapy Association and the Nova Scotia Physiotherapy Association for the content used in the pamphlet.

Looking for more health information?
Contact your local public library for books, videos, magazine articles and online health information.
For a list of public libraries in Nova Scotia go to www.publiclibraries.ns.ca

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The information in this pamphlet is to be updated every 3 years.
Physiotherapy Services in Nova Scotia

How can Physiotherapy help me?
We are licensed health care providers who can:
- Examine you to find any problems related to your injury, illness or disability. This may include testing for your strength, function, movement and well-being.
- Build a plan to treat your problems.
- Teach you about your condition.
- Help you to manage your condition. This may include an exercise program.
- Help prevent movement problems.
- Return you to the best physical state possible.

How will I pay for this service?

Public
In Nova Scotia, physiotherapy is paid by our province’s health care system. You can get outpatient service at your local hospital. A doctor’s note is not needed. There is a wait list for this service. Call your local outpatient clinic to find out how long you may need to wait.

Private
You can get private therapy by calling your local physiotherapy clinic. Clinics are listed in the phone book or online. A doctor’s note is not needed. Often, you are able to book an appointment a day or two after you call. Treatments must be paid out-of-pocket or with private health insurance. Call your insurance company to find out what they will pay.

We must tell you about any cost for therapy before we start treating you. After your first session, we will talk to you about the number of visits you should need.

If you are injured at work and you are insured under the Workers’ Compensation Board (WCB) of Nova Scotia, your therapy may be covered by WCB. Injured workers can go directly to an approved clinic. There is no need for a doctor’s note. Call WCB for the names of the clinics that are approved.

Where can I find more details?

Nova Scotia physiotherapy clinics
http://www.physiotherapyns.ca/index.php/site/find-a-physio/

Nova Scotia Physiotherapy Association Web Site
http://www.physiotherapyns.ca/

Canadian Physiotherapy Association Web Site
http://thesehands.ca/index.php
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Our goal is to get you on the road again!

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Note: Some insurance companies ask for a doctor’s note to get physiotherapy.

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