



Patient & Family Guide
2026

Physiotherapy Services in Nova Scotia

Aussi disponible en français :
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www.nshealth.ca

Physiotherapy Services in Nova Scotia

Physiotherapists are licensed health care providers whose goal is to get you moving again.

How do I access physiotherapy services?

- You can go to a hospital outpatient clinic.
 - › You can be referred by a health care provider (like a doctor or a nurse practitioner)
- or
- › You can complete a self-referral
- You can go directly to a private outpatient clinic.
 - › No referral is needed

Do I need to pay for these services?

Hospital outpatient clinics

- In Nova Scotia, hospital outpatient physiotherapy is paid for by the province's health care system. If you have a Nova Scotia health card, you can get outpatient service at your local hospital.
- There is a waitlist for these services. Call your local hospital to find out how long you may need to wait.

- For more information, visit:
 - › www.nshealth.ca/clinics-programs-and-services/physiotherapy

Private practice outpatient clinics

- You will need to pay for private physiotherapy services. The cost may be covered through private health insurance benefits.
- To find a clinic:
 - › Try searching “physiotherapy clinic” online
or
 - › Call 211
- **Some insurance companies ask for a health care provider’s note for physiotherapy.**
- The physiotherapist will tell you about any costs before they start your treatments. After your first session, they will talk with you about the number of visits you may need.

Workers’ compensation

- 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.
 - › Call WCB for a list of approved clinics.

Resources

Nova Scotia Physiotherapy Association

To find a physiotherapy clinic in Nova Scotia, visit:

- › www.physiotherapyns.ca/find-a-physio

Nova Scotia College of Physiotherapists

- › www.nsphysio.com

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more:

<https://library.nshealth.ca/patient-education-resources>