Physiotherapy Services in Nova Scotia

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www.nshealth.ca

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How can physiotherapy help me?

Physiotherapists are licensed health care providers who can:

› examine you to find problems related to your injury, illness, or disability. This may include testing your strength, function, movement, and well-being.

› teach you about your condition.

› make a plan to help you manage your condition. This may include an exercise program.

› help prevent movement problems.

Our goal is to get you moving again.

How will I pay for these services?

• In Nova Scotia, physiotherapy is paid for by the province's health care system. If you have a valid Nova Scotia health card, you can get outpatient service at your local hospital. You do not need a note from a health care provider.

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

- You can also get private therapy at your local physiotherapy clinic. To find a clinic, try searching "physiotherapy clinic" online or call 211. You do not need a note from a health care provider.
  › Often, you will be able to book an appointment within 1 or 2 days. You must pay for your treatments yourself or with private health insurance (if you have it).
  › **Some insurance companies ask for a health care provider's note for physiotherapy.** Call your insurance company to find out what they will pay and what you need to provide.
  › The physiotherapist will tell you about any costs before we start your treatments. After your first session, they will talk with you about the number of visits you may 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. If so, you can go directly to an approved clinic. You do not need a note from a health care provider. Call WCB for a list of approved clinics.

For more information:

- **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 this pamphlet and all our patient resources here:
https://library.nshealth.ca/Patients-Guides

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

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