



Patient & Family Guide
2020

Physiotherapy Services in Nova Scotia

Aussi disponible en français : *Services de
physiothérapie en Nouvelle Écosse (FF85-2105)*



www.nshealth.ca

Physiotherapy Services in Nova Scotia

How can physiotherapy help me?

Physiotherapists are licensed health care providers who can:

- › examine you to find any problems related to your injury, illness, or disability. This may include testing your strength, function, movement, and well-being.
- › build a plan to help you manage your condition. This may include an exercise program.
- › teach you about your condition.
- › help prevent movement problems.



Our goal is to get you moving again!

How will I pay for this service?

Public:

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

More details can be found here:

- › www.nshealth.ca/service-details/physiotherapy

Private:

- You can get private therapy by calling your local physiotherapy clinic. Clinics are listed online or you can call 211. A health care provider'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.

Some insurance companies ask for a health care provider's note to get physiotherapy.

- We will tell you about any cost for therapy before we start treating you. After your first session, we will talk with you about the number of visits you should need.
- If you are injured at work and 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. A health care provider's note is not needed. Call WCB for the names of approved clinics.

Where can I find more info?

- **Nova Scotia Physiotherapy Association**
 - › www.physiotherapyns.ca
- To find a physiotherapy clinic in NS visit:
 - › www.physiotherapyns.ca/find-a-physio
- **Canadian Physiotherapy Association**
 - › <https://thesehands.ca/index.php>

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: NSHA Physiotherapy Services with help from the NS Physiotherapy Association & the Canadian Physiotherapy Association

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.