Introduction to Injury Care

Physiotherapy in Ottawa Area for Injury Care

Welcome to the Physiocare Physiotherapy & Rehab Centre resource for injury care.

At Physiocare Physiotherapy & Rehab Centre we look forward to helping you achieve optimal health and recover from injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Physiocare Physiotherapy & Rehab Centre, your physician or a qualified specialist first.

At Physiocare Physiotherapy & Rehab Centre we offer Physiotherapy, Massage, Orthotics. Custom Braces, Yoga, Acupuncture, Manual Osteopathy and look forward to working with you to enjoy maximum mobility and avoid injuries.

Articles

Acute Injury Care

PEACE & LOVE and MEAT

Inflammation

Cast Care

Postsurgical Infection