Ontario Physiotherapy Association (OPA)

The Ontario Physiotherapy Association (OPA) is a dynamic health care professional organization with more than 5,000 members, divided into 16 geographic districts, across the province.

Physiotherapy is a rehabilitation profession with a presence in all health care sectors in Ontario: hospitals, long-term care facilities, home care, community-based clinics, schools, private practice clinics and primary care networks. Benefits of physiotherapy include decreasing pain, improving joint mobility, increasing strength and coordination and improved cardiorespiratory function. Everyone can benefit from physiotherapy whether you are living with a chronic illness, recovering from a work injury or suffering after that weekend hockey game.

Physiotherapists are university educated health professionals and recognized members of your health care team. Physiotherapists work in many areas including: cardiorespiratory, orthopaedics, neurology, paediatrics, women's health, seniors' health, and sports. Physiotherapists work in partnership with individuals of all ages to break down the barriers to physical function whether that means working with patients pre and post surgery, helping people come back from illness and chronic disease, injury, industrial and motor vehicle accidents and age related conditions. Physiotherapists promote independence. Emphasis is placed on what you can do for yourself and on education to prevent future injuries or disability.

Physiotherapists also play an important role in health promotion and disease prevention.

Every day, Ontario’s 7,000 registered physiotherapists help thousands of Ontarians grow faster, more independent, more mobile, more graceful and more confident. In a word, their clients and patients become stronger.

Discover more about physiotherapy and locate a physiotherapist nearest you at [www.opa.on.ca](http://www.opa.on.ca) or [www.discoverphysiotherapy.ca](http://www.discoverphysiotherapy.ca).