



ACTIVE LIFE WELLNESS CENTER

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Informed Consent to Physiotherapy Assessment and Treatment

As primary health care professionals, physiotherapist combine in-depth knowledge of how the body works with specialized hands-on clinical skills to assess, diagnose and treat symptoms of illness, injury or disability.

With your independence in mind, a physiotherapist's goal is to restore, maintain and maximize your strength, function, movement and overall well-being.

Physiotherapists prescribe personalized therapeutic exercises, and provide essential education about the body, what keeps it from moving well, and how to restore mobility and independence, and how to avoid or prevent bodily harm.

Possible Risks: As with any health care procedures, there are possible risks following a physiotherapy assessment and/or following treatment. These risks include muscle aches and/or muscle fatigue and feelings of general fatigue, and the assessment/treatment may require energy expenditure.

A large component to regaining your wellness involves a self-management component. It is likely that a home exercise program will be designed for you to take part in. Through instructions will be provided and if at any time you have questions about the program, do not hesitate to ask the physiotherapist, physiotherapist assistant, kinesiologist, all of whom will play an active role in your treatment plan.

I have read the explanations above about physiotherapy treatment and the possible risks. I have had the opportunity to have any questions answered to my satisfaction. I have fully evaluated the risks and benefits of undergoing treatment. I have freely decided to undergo the treatment recommended and hereby give my full consent to the assessment and subsequent treatments.

Printed Name

Signature

Date

Witness:

Printed Name

Signature

Date