



PHYSIOTHERAPY AND REHABILITATION SERVICES

IN ERICKSON, MANITOBA

36 Main Street

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Welcome to Independence Incorporated's physiotherapy and rehabilitation clinic in the heart of the Parkland region of Manitoba.

Physiotherapy Treatment – we provide a full range of physiotherapy services to treat joint and muscle issues and injuries. The clinic is provisioned with all the equipment to adapt to your unique situation.

Acute & Chronic Pain Management and Education – living with pain can be discouraging and can limit participation in life activities. We can recommend pain treatments and strategies to get you moving.

Acupuncture integrated with active exercise therapy – combining the motion of exercise with the treatment of acupuncture can lead to much faster results than either alone.

Post-operative Joint Replacement Rehabilitation – the operation is only the first step to getting back your full mobility. We can provide education on specific exercises and coaching for continued improvement.

The Progressive Goal Attainment Program fosters reintegration to daily life through PGAP, a 10-week, evidence-based program helping our clients regain confidence and control over their lives.

Return to Work Planning – giving people information and tools to be able to get back to work as quickly as possible. We can assist with information to help you advocate for yourself.

Independent Physical Examinations – we can do insurance evaluations, provide a second opinion on a stubborn issue, and we can support you if you require an assistive device to improve your mobility.

Impairment Assessments, Functional Job Demand Evaluations – we work with you and your employer to determine adjustments necessary for your return to the workplace, or help you in your new job search.

Please phone us or drop by our Erickson office to make an appointment for you or the person you are helping care for. We aim to focus our services on the needs of our clients, leading them to a more independent work and home life.

Independence Incorporated has offices in Winnipeg and Erickson. Find out more at www.indep.ca