



Treat & Manage

- Musculoskeletal conditions, generalized deconditioning, joint pain, arthritis, osteoporosis, diabetes, and obesity

Provide

- Rapid Access to physiotherapy services for mild to moderate patient population
- Exercise and education for promoting functional independence
- Consultations for safely increasing activities levels for sedentary patients with chronic disease



Refer to/Work with

- Family Physician (FP) or Nurse Practitioner (NP)
- Specialist Physician involved in care
- Other members of the PCN Team, including: Chronic Disease Management Nurse, Clinical Counsellor, Clinical Pharmacist, Dietitian, Occupational Therapist, Pharmacist, Social Worker
- Supportive resources: community services and programs



Conduct

- One-to-one physiotherapy assessments:
 - In-person at Garratt Wellness Centre
 - Virtual assessments via Zoom

PCN
Physiotherapists
 work to support patients with physical and mobility issues

Support



- Self-management, pain management, and fall prevention strategies
- Individual exercise prescription: functional mobility, strengthening, balance endurance

How can I get an appointment?

Discuss your needs for a Physiotherapist with your family physician or nurse practitioner.

Some services may be available in languages other than English.

Eligibility—Patients:

- ✓ who are Richmond residents or patients of a Richmond physician or nurse practitioner

Limitations—Patients:

- × not attached for ongoing care to the Richmond FP or NP making the referral
- × without B.C. Medical Services Plan (MSP) coverage
- × with physiotherapy covered under extended health benefits
- × with an active insurance claim* related to the referral
**ICBC, WorkSafe, third party insurance*
- × Patients with neurological conditions, CVA, traumatic brain injury or pelvic floor dysfunction



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 For more information contact rmddpcn@vch.ca