

We are Happy to Announce That We Are Doing Business at Our Second Location Serving
Surrey, BC!



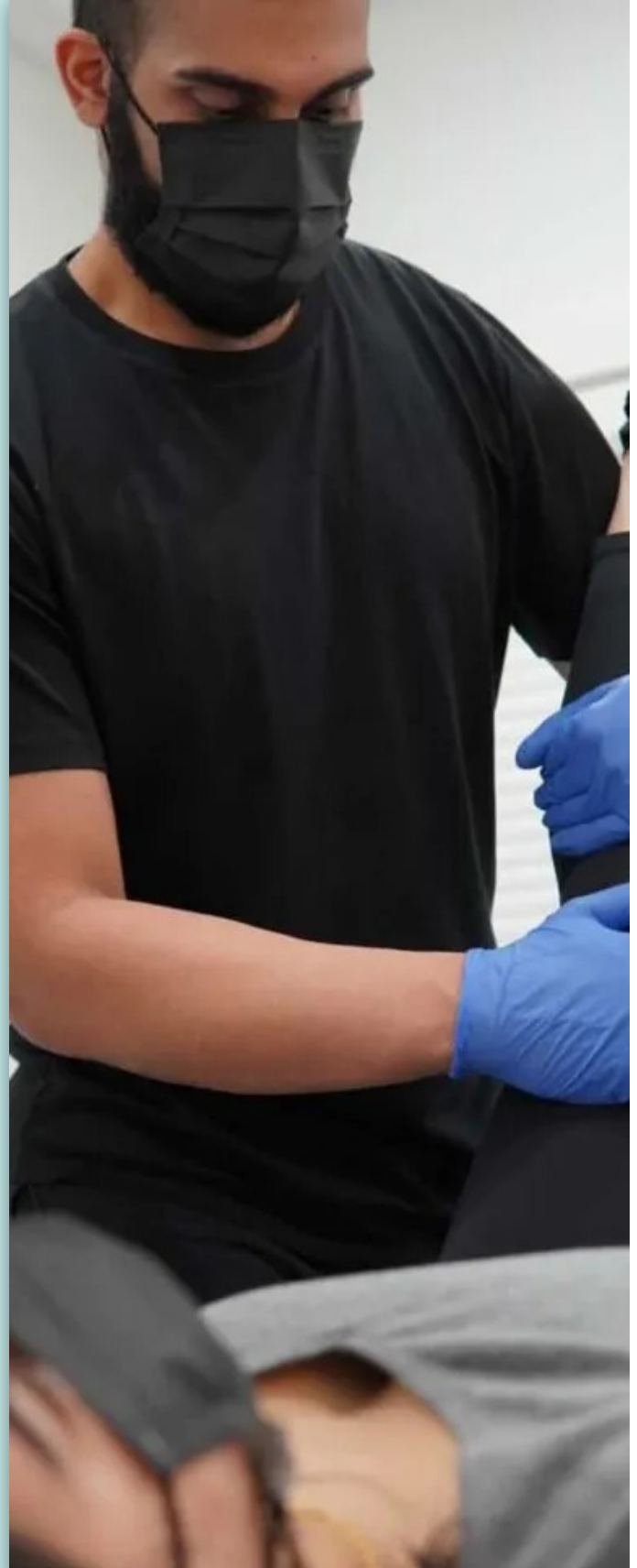
Call Us Now

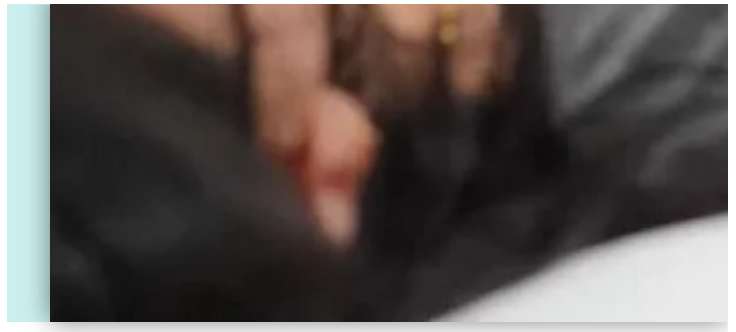


[Home](#) » [Physiotherapy](#)

Physiotherapy Centre

At Fountain Wellness





Physiotherapy is a type of treatment that focuses on helping patients improve their mobility, function, and overall well-being. It involves physical rehabilitation, preventing injuries, and promoting health and fitness. Let the skilled physiotherapists at Fountain Wellness assist you on your journey to do mechanical diagnosis for different movement disorders.

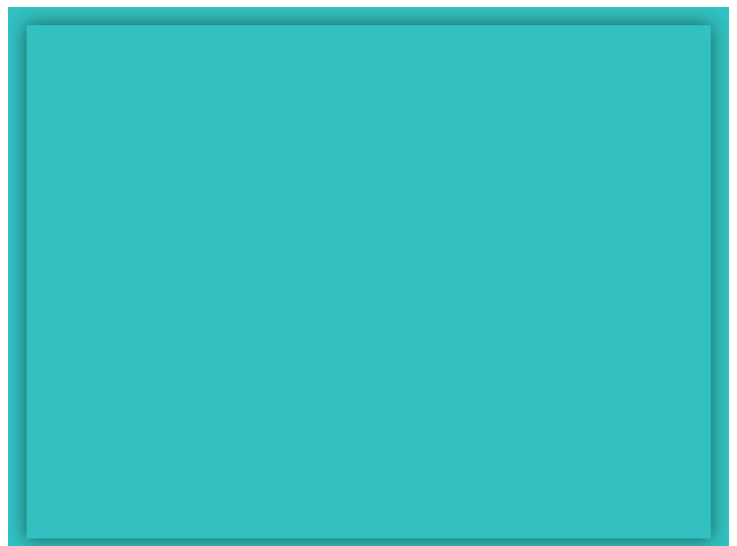
What is Physiotherapy, and How Does It Work?

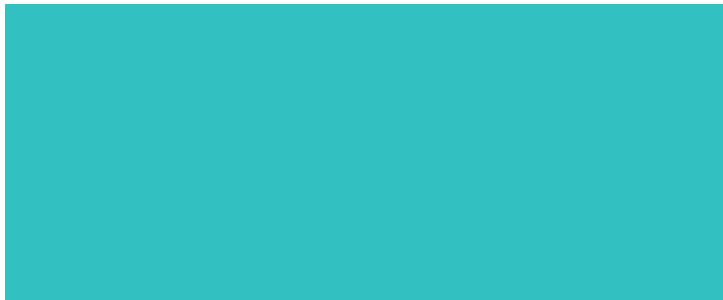
Dealing with pain can be tough and affect your life quality. But there's a solution. This treatment can help you handle your pain and enhance your overall well-being.

Physiotherapy is a type of physical therapy education that uses various techniques to treat pain, restore movement, and improve wellness. These techniques can involve exercises, massage, stretching, and manipulating joints. By using these methods, physiotherapists can assist you in reducing pain and enhancing mobility.

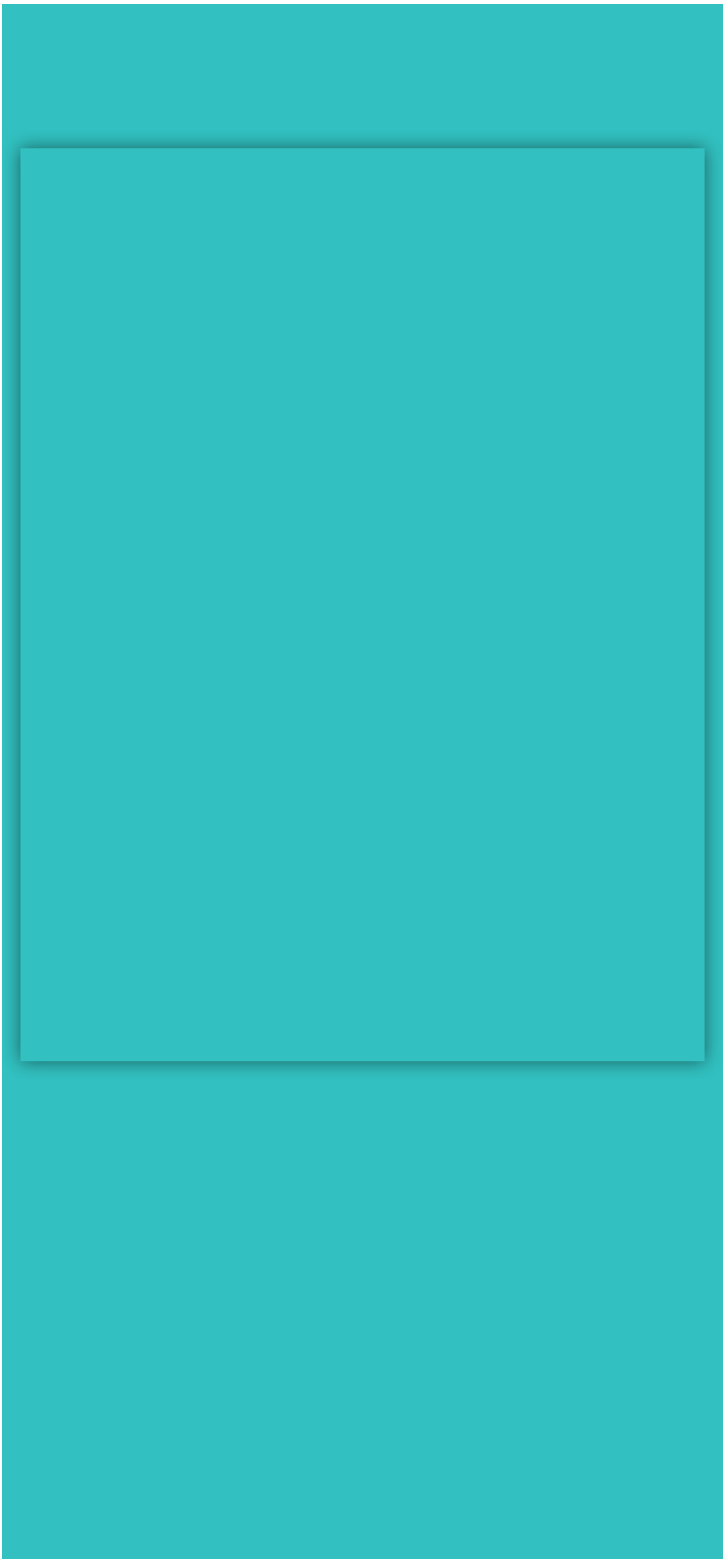
This type of therapy is an effective way to manage pain without relying on medications or surgery. It also recognizes the root cause of your pain, preventing future occurrences.

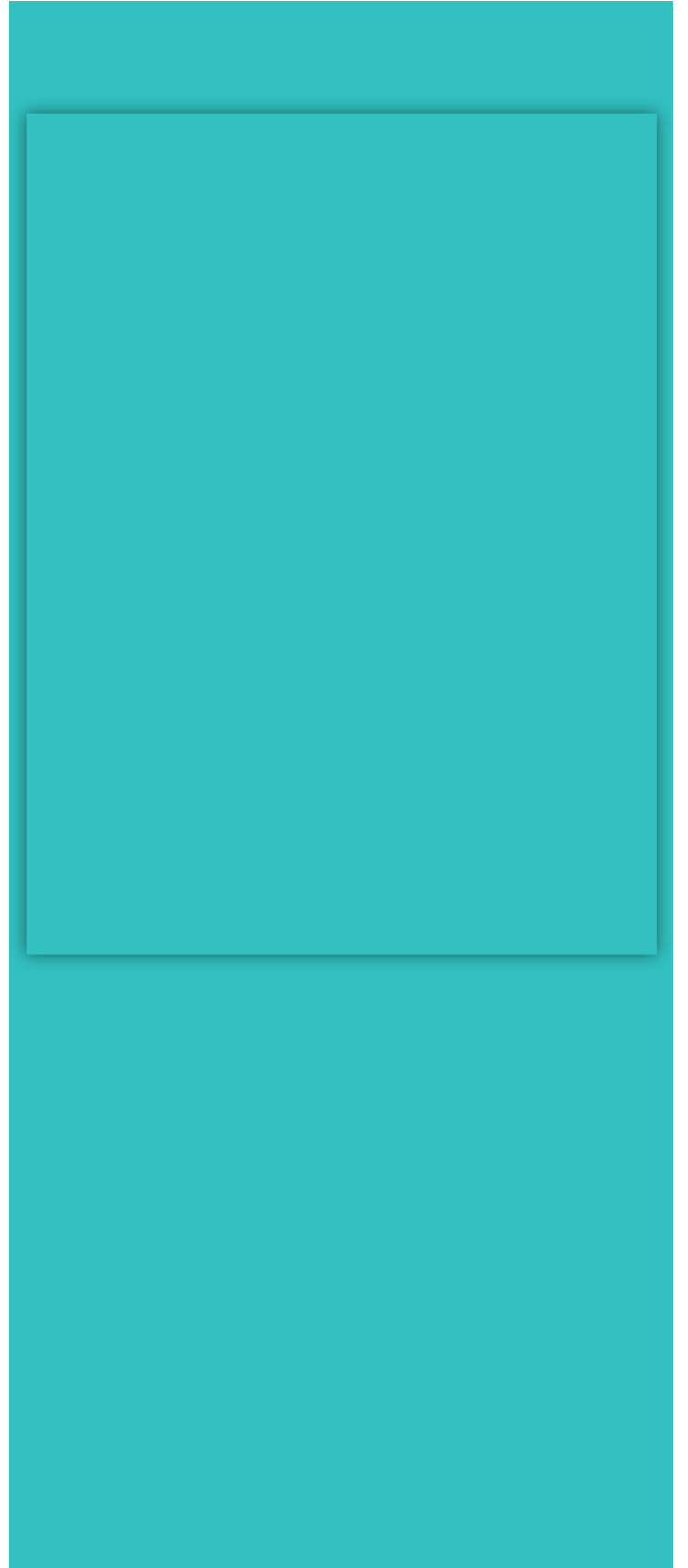
Pain management isn't a one-size-fits-all approach. Everyone is unique and requires personalized care. Luckily, physiotherapy in Delta and Surrey offers the assistance you need to reduce and manage your pain, allowing you to live a more active and fulfilling life. Collaborating with a physiotherapist who will take the time to understand you and your needs is important. They will plan a personalized treatment based on your specific situation.





Physio Treatments





Postural Realignment and Posture Correction For Computer Users

We address postural imbalances and pain caused by prolonged sitting and computer use. Our treatments involve postural assessment, corrective exercises, ergonomic recommendations, and education to help you achieve better posture, reduce discomfort, and prevent future issues.

Workplace Ergonomics or Office Chairs To Prevent Work-Related Injuries or Pains

We guide proper workplace ergonomics, including office chair selection, desk setup, and workstation modifications. Our recommendations aim to optimize your posture, reduce strain on your body, and prevent work-related injuries and pain.

We also offer the following holistic wellness treatments to address various conditions:

Soft Tissue Mobilization	Electrotherapy	Range of Motion (ROM) Exercises	Cryotherapy and Heat Therapy	Kinesiology Taping	Therapeutic Ultrasound
Soft tissue mobilization techniques aim to release tension, reduce muscle tightness, and promote healing. This can include manual therapy techniques to improve blood circulation, alleviate pain, and restore tissue function.	Electrotherapy involves using electrical stimulation to target specific tissues and promote healing. Common forms of electrotherapy used in the session include transcutaneous electrical nerve stimulation (TENS), which helps to reduce pain, and electrical muscle stimulation (EMS), which aids in muscle strengthening and rehabilitation.	ROM exercises involve movements and stretch to improve joint flexibility, increase the range of motion, and restore normal movement patterns. These exercises are tailored to target specific joints and muscles affected by injury, pain, or stiffness.	Cryotherapy involves the application of cold packs or ice to reduce inflammation, numb pain, and promote healing. However, heat therapy involves applying heat packs or modalities to increase blood flow, relax muscles, and relieve stiffness. These modalities are often combined with other treatments to manage pain and facilitate recovery.	Kinesiology taping involves the application of specialized elastic tape to affected areas to provide support, enhance proprioception (awareness of body position), and reduce pain. The tape makes up the elasticity of human skin. This allows for a full range of motion while providing targeted support to injured or strained muscles and joints.	Therapeutic ultrasound utilizes high-frequency sound waves to penetrate deep into tissues, promoting circulation, reducing inflammation, and facilitating tissue healing. It is commonly used to alleviate pain, increase tissue extensibility, and enhance the effectiveness of other treatments.

The Physiotherapy Process

Our dedicated staff is committed to providing the finest care for your needs. Here's what you can expect during a session at our healthcare clinic:

Assessing the Nature and Extent of Your Problems

The session will begin with an examination and observation to assess the nature and extent of your condition. The physiotherapist will ask questions and can perform tests to gain a comprehensive understanding of your specific issue.

Identifying the Problem and Performing Exercises

You will be asked to perform various movements and exercises to help identify the problem areas and assess your range of motion. This allows the physiotherapist to gather information about your medical history and tailor the treatment plan accordingly.

Devising a Treatment Plan

The physiotherapist will devise a personalized treatment plan tailored to your needs based on the assessment. This plan can include techniques and modalities to address your condition effectively.

Identifying any Pre-Existing Conditions

During the initial session, the physiotherapist will ask health-related questions to identify any pre-existing conditions or factors that can impact your treatment. This information ensures that your treatment plan is customized to accommodate specific considerations.

Medical and Personal History

The therapist will inquire about your medical and personal history, including any allergies or phobias you can have. This information helps the physiotherapist make informed decisions and tailor the treatment plan to ensure comfort and safety.

Treatment Modalities

Depending on your condition, the session can involve a range of treatment modalities. These can include manual therapy techniques such as massage or physical therapy, stretching and exercising, and using technologies like lasers and ultrasound. Electrotherapy and hydrotherapy can also be incorporated into your treatment plan if appropriate.

Home Exercises and Stretches

The physiotherapist will recommend [specific exercises](#) and stretches that you can perform to support your healing process. These exercises are designed to complement the in-clinic sessions and promote ongoing progress.

A physiotherapist may also provide dietary or lifestyle recommendations to further support your recovery and overall well-being. This collaborative approach between your physiotherapist and other healthcare professionals can improve your overall health.

At Fountain Wellness, we aim to provide manipulative procedures and support throughout your physiotherapy journey. Each session is tailored to your needs, ensuring you receive the necessary systematic exercise treatment and guidance for your condition.

Relieve Chronic Pain With Physiotherapy Treatment

Don't just suffer in silence if you're struggling with chronic pain. Find the top physiotherapy health care systems near you that can assist you. Assess your symptoms and seek the expertise of a physiotherapist who follows quality practice.

At Fountain Wellness, we go beyond simply treating pain with physiotherapy. We prioritize helping you regain your normal activities, and our skilled physiotherapists will guide you in selecting the most suitable exercises and therapy interventions for your specific injury or condition.

In line with the guidelines of the American Physical Therapy Association, our Fountain Wellness team delivers exceptional [physiotherapy](#) care. Choose us, the beloved healthcare clinic in Delta and Surrey, and discover the healing, health, and wellness you deserve.

Don't wait any longer! Contact us today to book your first appointment and start your journey toward optimal well-being.

Name *

First

Last

Email *

Treatment of Interest

Message

SUBMIT

Frequently Asked Questions

— What services does Fountain Wellness offer?

Fountain Wellness offers a range of services including outpatient orthopedic clinics, medical centers, and rehabilitation centers. We specialize in the treatment of various musculoskeletal conditions and injuries.

+ Does Fountain Wellness specialize in treating cervical and thoracic spine conditions?

+ How long does each treatment session typically last at Fountain Wellness?

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[Retail Items](#)

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