



## How to access services

Physiotherapy services are available to all residents in Morley.

Community members interested in setting up a physiotherapy assessment can do so through a referral from their physician or any health care provider. You can also self-refer to see the physiotherapist.

Please contact the Physiotherapist to make an appointment.

## Hours

Monday to Thursday

9:30 am to 4:00 pm

## Location

We are located on the second floor of the Bearspaw Youth Centre in Morley, AB. It is accessible via stairs or elevator.

## Contact Us

**To book an appointment:**

Phone: (403) 881-2749

Fax: (403) 881-3987

E-mail: [kkenyon@stoneyhealth.com](mailto:kkenyon@stoneyhealth.com)

Web: [stoneyhealth.com](http://stoneyhealth.com)



## PHYSIOTHERAPY SERVICES

*Bearspaw Youth Centre  
Morley, Alberta*



## Physiotherapy can help you with:

- Low back and neck pain
- Recovery after surgery or long hospital stays
- Pain and/or numbness and tingling in your arms or legs
- Pain in your ankles, knees, hips, hands or shoulders
- Managing discomfort during and after pregnancy
- Limited mobility (difficulty walking, going up and down stairs, getting in and out of bed), balance issues and falls
- Managing diseases that affect your daily function (diabetes, rheumatoid arthritis, fibromyalgia, lung disease)



## What to expect:

Your physiotherapist will meet with you to assess your condition and work with you to develop a treatment plan to reach your goals.

### *Treatments may include*

- Hands-on treatment to help your joints and muscles move more freely
- Exercises to help with pain, flexibility, and strength
- Advice about lifestyle modifications
- Acupuncture



## About Physiotherapy

Physiotherapists help people affected by injury, illness or disability through movement and exercise, hands-on treatment, education and advice.

Physiotherapy can help people of all ages to reduce pain, improve function and reach your goals!