

INREACH PHYSIO

Online Physiotherapy Services

Seek the Expert Advice of a Physiotherapist using Teleconferencing



ACUTE INJURY

Shoulder Strain? Ankle Sprain? Low Back Pain? Unsure if you need to seek in-person medical attention?

Let us assess your injury to determine the cause and severity of your pain. Then we will teach you ways to make it feel better with exercise and other strategies.



HEALTHY AGING

Looking for that magic pill that slows down aging, makes illnesses better, and prevents diseases from happening?

We found it. It's exercise!

We can help you maximize your strength and vitality regardless of your age and past medical history.



EXERCISE CONSULTING

What type of exercise is best? How much? How often? Is it safe?

Whether your goal is to exercise to optimize your health or you require a sport specific exercise program to increase performance and decrease injury risk, we can help.

Physiotherapists are experts in human movement and can provide you with a customized exercise plan.

InReach is a way of providing high quality Physiotherapy services to people in rural/remote areas, people who prefer not to leave the comfort of their home or people with busy lives that can't waste the time travelling to in-person appointments.

Physiotherapy is a key contributor to the health and mobility of Canadians and with recent improvements in internet and video-conferencing technology, telehealth has become a very viable means of treatment.

Book online @ www.inreachphysio.ca

Contact us @ inreachphysio@gmail.com


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