

Dale Charles & Sports Clinic



Physiotherapy



KEEP YOUR REHABILITATION MOVING FORWARD

Our physiotherapists and kinesiologist are available and working remotely so that you can stay home and receive ongoing rehabilitation guidance.



SECURE VIDEO CONFERENCING



Use your home computer, smart phone or tablet to communicate live with your therapist to:

- Discuss your concerns.
- Develop a rehabilitation plan.
- Demonstrate your progress.

EXERCISE PRESCRIPTION AND MONITORING

- Receive custom, crystal-clear and fully narrated exercise videos specific to your needs.
- Record and track your progress and pain levels.
- Set reminders to complete your exercises.



TO LEARN MORE OR BOOK AN APPOINTMENT



Call:

- Sports Clinic Physiotherapy at **250-487-1455**
- Dale Charles Physiotherapy at **250-493-7343**

Email:

- info@dalecharlesphysio.com

Visit:

- online at dalecharlesphysio.com