

NOTTINGHILL FAMILY WELLNESS CENTRE

Your Complete Guide to

Physiotherapy

in Oakville

Evidence-based care to help you move better and feel stronger

What Is Physiotherapy?

Physiotherapy (often called "physio") focuses on helping your body move and function better—especially when pain, stiffness, weakness, or injury is getting in the way. Your physiotherapist looks at the whole picture: your symptoms, your movement patterns, what aggravates things, what helps, and what you need to get back to.

Every plan is a blend of:

- Education you can actually use — what's likely happening and what to do next
- Hands-on treatment — when it's helpful for pain, mobility, and tissue tolerance
- Therapeutic exercise — to rebuild strength and resilience
- Targeted modalities — to support comfort and recovery when appropriate

⚠ Seek Urgent Medical Care If You Experience:

Worsening weakness or new loss of bowel/bladder control • Numbness in the groin or saddle area • Fever with severe back pain • Unexplained weight loss • Sudden one-sided leg swelling or redness

Is Physiotherapy Right for You?

You may benefit from physiotherapy if you:

✓ Lower back pain limiting sitting, standing, or lifting	✓ Nerve-like symptoms (shooting pain, tingling, numbness)
✓ Neck pain, tension headaches, or limited neck mobility	✓ Shoulder pain with reaching, lifting, or sleeping
✓ Hip or knee pain on stairs, running, or long walks	✓ Tendon pain (Achilles, plantar fascia, elbow) not settling
✓ Recovering after surgery (knee, hip, rotator cuff, ACL)	✓ Sports or running injury with unclear return-to-activity plan
✓ Sitting long hours with predictable tightness or soreness	✓ Wanting a structured, measurable, and realistic plan

Not sure what's going on? Start with an assessment. Once we see how you move and what reproduces your symptoms, the plan becomes much clearer.

Conditions & Areas We Treat

<p>Neck & Upper Back</p> <p>Posture-related pain, stiffness, tension, headaches linked to neck tension</p>	<p>Lower Back & Hips</p> <p>Mechanical lower back pain, sciatica-type symptoms, hip tightness and mobility limits</p>
<p>Shoulders & Arms</p> <p>Rotator cuff irritation, impingement, tendon pain, calcific tendonitis, reaching discomfort</p>	<p>Knees & Legs</p> <p>Meniscus tears, ligament irritation, kneecap pain, arthritis, runner's knee, jumper's knee</p>
<p>Foot & Ankle</p> <p>Achilles tendon pain, plantar fascia irritation, arch/heel pain, ankle sprains and instability</p>	<p>Common Use Cases</p> <p>Sports injuries, running injuries, workplace strain, post-operative rehab, persistent or recurring pain</p>

Our 4-Phase Treatment Approach

Recovery isn't one-size-fits-all. We use a phased framework that meets you where you are and moves you forward with measurable steps.

Phase	Goal	What Happens
1	Calm Irritation	Settle sharp or reactive symptoms. Reduce pain and restore confidence in movement using hands-on treatment, gentle mobility, and supportive modalities (IFC, heat).
2	Restore Motion & Control	Restore range of motion and improve movement control. Address the 'drivers' behind recurring flare-ups in the back, neck, and shoulder.
3	Build Strength & Capacity	Build strength and tissue tolerance for real life: lifting, stairs, long walks, work demands, and sport. Progress from safe and simple to strong and capable.
4	Return to Function	Shift from rehab to durability. Return to activities with a long-term maintenance strategy and a flare-management plan you can use independently.

What to Expect at Your Visits

Your First Visit	Follow-Up Visits
<p>Review history & clarify goals</p> <p>Assess movement, strength & function</p> <p>Explain findings in plain language</p> <p>Begin hands-on care or modalities</p>	<p>Progress your exercise plan</p> <p>Refine movement quality</p> <p>Build strength and capacity</p> <p>Hands-on care as needed</p>

Leave with a simple home exercise plan	Appointments space out as you improve
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What to wear: Comfortable clothing you can move in. Shorts help for hip/knee/ankle concerns; a tank top helps for shoulder assessments. Bring any relevant imaging reports if you have them—not required.

Treatment Tools & Modalities

Our toolkit is used strategically based on your needs—not applied as a standard package to every patient.

<p>Interferential Current (IFC)</p> <p>Electrical stimulation applied via modern suction applicators (not sticky pads) to reduce pain and improve comfort during rehab.</p>	<p>Shockwave Therapy</p> <p>Non-invasive mechanical pulses for stubborn tendon and soft-tissue pain patterns. Oakville's most affordable shockwave at \$80/session.</p>	<p>Hands-On & IASTT</p> <p>Joint mobilization, soft tissue techniques, and instrument-assisted soft tissue therapy (IASTT) for stubborn restrictions and sensitivity.</p>
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Frequently Asked Questions

<p>Do I need a referral?</p> <p>No — physiotherapists are direct-access providers in Ontario. You can book directly. Some extended health plans still request a referral for reimbursement, so check your specific policy.</p>
<p>How many sessions will I need?</p> <p>That depends on your goals, how long symptoms have been present, and how you respond to care. After your assessment, we'll outline a realistic plan and adjust based on your progress.</p>
<p>Will it hurt?</p> <p>Physiotherapy should not feel alarming. Some techniques may be temporarily uncomfortable, but we always work within tolerable limits and adjust based on your feedback.</p>
<p>What if I'm not improving?</p> <p>We re-check assessment findings, adjust the plan, and — when needed — recommend further medical input or appropriate referral.</p>
<p>Do you direct bill?</p> <p>Direct billing may be available depending on your insurer and plan. We can help you confirm what's covered. Receipts are always provided for reimbursement.</p>
<p>Can physiotherapy help chronic or recurring pain?</p> <p>Often, yes. Many persistent pain patterns respond best to education combined with a progressive exercise plan that rebuilds tolerance over time.</p>
<p>Can I combine physiotherapy with other services?</p> <p>Yes. Coordinated care alongside massage therapy, acupuncture, orthotics, or shockwave can support a well-rounded recovery plan when appropriate.</p>

Meet Your Physiotherapy Team

Relaxed, transparent care with a clear plan — so you understand what we're doing, why we're doing it, and what you can do next.

<p>Vinaya Chitgopkar <i>Physiotherapist</i></p> <p>Extensive experience in orthopedic rehabilitation and post-surgical recovery. Blends hands-on care with personalized exercise programming for long-term results.</p>	<p>Nicole Lake <i>Athletic Therapist & RMT</i></p> <p>Supports recovery with skilled hands-on care and an active rehab approach focused on restoring function and resilience.</p>	<p>Jessica Kennedy <i>Athletic Therapist & RMT</i></p> <p>Helps patients rebuild strength, confidence, and movement quality through progressive rehab and practical support between visits.</p>
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Contact Us & Hours




<p>Nottingham Family Wellness Centre</p> <p> 1131 Nottingham Gate Oakville, ON L6M 1K5</p> <p> 905-827-4197 (Call)</p> <p> 289-228-8858 (Text us 24/7)</p> <p> s.knighton.dc@gmail.com</p> <p><i>Same-day appointments available. Open 6 days a week. Physio not available on Saturdays.</i></p>	<p>Hours of Operation</p> <table><tbody><tr><td>Monday</td><td>8:00 AM – 7:00 PM</td></tr><tr><td>Tuesday</td><td>8:00 AM – 7:00 PM</td></tr><tr><td>Wednesday</td><td>8:00 AM – 7:00 PM</td></tr><tr><td>Thursday</td><td>7:00 AM – 7:00 PM</td></tr><tr><td>Friday</td><td>10:00 AM – 6:00 PM</td></tr><tr><td>Saturday</td><td>7:00 AM – 11:30 AM</td></tr><tr><td>Sunday</td><td>Closed</td></tr></tbody></table>	Monday	8:00 AM – 7:00 PM	Tuesday	8:00 AM – 7:00 PM	Wednesday	8:00 AM – 7:00 PM	Thursday	7:00 AM – 7:00 PM	Friday	10:00 AM – 6:00 PM	Saturday	7:00 AM – 11:30 AM	Sunday	Closed
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Ready to Move Better?

You don't have to push through pain or wait until it becomes unmanageable.

Start with a thorough assessment, a clear plan, and practical next steps.

 **905-827-4197** |  **Text 289-228-8858** |  **s.knighton.dc@gmail.com**