

BAFHT Kinesiologist Explanation of Services

The most common reasons for referral to a BAFHT Kinesiologist are for assistance with increasing level of physical activity, management of an injury or chronic disease that negatively impacts level of physical activity, the treatment of vertigo, and kinesiology for pelvic floor therapy. This handout provides a brief explanation of each.

Patients referred for Kinesiology services will be contacted by a BAFHT administrative staff member to schedule an initial appointment with the Kinesiologist.

Reason for Referral: Assistance with Increasing Level of Physical Activity and/or Management of an Injury or Chronic Disease that negatively impacts Level of Physical Activity

The role of the BAFHT Registered Kinesiologist is to help patients increase their level of physical activity and improve their ability to complete tasks of daily living. After assessing functions and movement, the kinesiologist will work with the patient to create an independent exercise plan. It is recommended that comfortable clothing be worn to appointments.

Patients can expect a 45-60 minute in-office initial appointment, followed by up to three 30-minute follow-up appointments that generally occur over a period of 10-12 weeks.

Reason for Referral: Vertigo

Positional Vertigo (BPPV) is a common problem that occurs more frequently in females and older adults. With positional vertigo, crystals or otoconia that occur naturally in the ear canal can dislodge and migrate into one of the semi-circular canals where they don't belong. The movement of these crystals can create the sensation of vertigo (spinning), abnormal eye movements, and nausea. The movements that typically provoke vertigo are looking up, looking down, lying down flat quickly, and rolling over. Treatment for positional vertigo involves placing the head in specific positions that allow the crystals to move out of the inner ear canal.

Patients can expect the maneuver to treat vertigo to take approximately five minutes. The maneuver may temporarily increase their dizziness and nausea. Three to four appointments over a period of 10-12 weeks are generally required.

Reason for Referral: Kinesiology for Pelvic Floor Therapy

Pelvic floor therapy is appropriate for patients experiencing symptoms including, but not limited to, pelvic pain, incontinence, frequency, urgency, and pelvic heaviness. The BAFHT Registered Kinesiologist will take a detailed history and evaluate function of the pelvic floor through an **external** physical exam. They will then provide education, a home exercise program and/or lifestyle modifications, specific to the patients' pelvic floor dysfunction, with the goal of return to optimal function of the pelvic floor. It is recommended that comfortable clothing be worn to appointments.

Patients can expect a 45-60 minute in-office initial appointment, followed by two to three 30-minute follow-up appointments that will occur over a period of 12 weeks.

Kinesiology Treatment Guide

At the Brockton and Area FHT (BAFHT), we strive to create an environment of trust, safety and meaningful connection with our patients. We understand how care rooted in compassion, curiosity and understanding can help people to heal and stay well.

Our team members work with your primary care provider (physician/nurse practitioner) to offer a collaborative approach to care. By using a shared Electronic Medical Record, your BAFHT provider(s) and primary care provider can access your health information and communicate about your care.

As a courtesy to your provider and other patients waiting to access our services, we ask that you provide 24-hour notice of cancellation when able. This notice allows us to offer your appointment to another patient. As all programs and services offered by the BAFHT are funded by Ontario Health, there is no direct charge to patients to access.

Please be aware that due to privacy limitations, we do not communicate patient health information by e-mail. If you need to contact us, please call our office.

Our Services and What You Can Expect

We believe in team-based care and working collaboratively with your primary care provider. At your initial appointment we will complete an individual assessment that will inform our evidence-based treatment recommendations within our professional scope of practice. We acknowledge that you may seek input from other providers, and we support your right to make informed decisions related to your own health care goals.

Goal Setting and Measurement

Kinesiology, as an active treatment method, emphasizes the importance of patient participation and self-directed exercises to achieve health outcomes. Unlike passive treatments that may rely solely on the intervention of a therapist, Kinesiology empowers patients to take an active role in their recovery by performing prescribed exercises and routines independently. To get the most out of appointments, patients must make a commitment to doing their exercises on their own, as this practice is key to improving and maintaining health.

After learning about your goals for treatment, we will work with you to develop an individualized plan to monitor your progress and measure the effectiveness of our services. Most patients referred to our kinesiology services require three to four appointments over a period of 10-12 weeks.