

Achieve Your Best
... We Can Help.

www.humanperformancecentre.ca

HUMAN PERFORMANCE CENTRE

Want to know a little bit about the history of Physiotherapy? We Can Help!

The hundredth anniversary of the signing of the Armistice that ended the First World War has come and gone. I attended the Remembrance Day ceremony and as I walked home I reflected on the history of my profession as a physiotherapist. Over 100 years ago physical therapy was originally a profession developed out of the need to treat soldiers that had been injured in World War I. The first physical therapists were known as reconstruction aids.

The profession has come along way since then but the role of what we do is very much the same. Physiotherapists are mobility specialist. We help people get back to what they need, want and love to do.

Physiotherapists are trained to understand soft tissue dysfunction, to rehabilitate patients with physical or neurological injury/disease and to keep our patients moving. We receive this training by first obtaining a Masters in Science degree in physical therapy which includes classroom, lab work and clinical specific education. The four of us at the Human Performance Centre have a combined 27 years of university education! We are also required to hold a license from the College of Physiotherapists of New Brunswick to practice in the province. We take at least one and often two or three continuing education courses yearly throughout our career. At HPC we meet weekly to take online courses, discuss the latest research or problem solve

complex cases. To say that we are perpetual students would be an understatement.

Physiotherapy is one of the most gratifying and satisfying professions. It can be difficult at times because we are dealing with people in pain and with physically broken or malfunctioning bodies. Seeing someone walk out of our clinic pain-free and moving normally makes it all worth it. If you have a mobility issue that is limiting your walking, running, eating, dressing, working, cooking, or parenting give us a call. Between the four of us (Trevor, Geoff, Trish and myself) we have 65 years experience and we would love to help get you moving better so that you can "achieve your best"!



Earle Burrows, PT

Earle is a physiotherapist and CEO of the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact him at 738-8299.



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PHYSIOTHERAPY

MASSAGE

FITNESS

NUTRITION