

## A Day-in-the-Life of a Canadian Physiotherapist -- Outpatient Private Practice



There are many private practice physiotherapy and multidisciplinary clinics across Canada. In Canada, more physiotherapists work in private practice than work in the public sector. Private practice settings range from a sole-charge single physiotherapist to a full multidisciplinary team setting with a variety of disciplines including occupational therapy, psychology, massage therapy, etc. An example of a possible day-in-the-life of a physiotherapist working in outpatient private practice is provided below:

Timeframe	Activity
12:00pm- 12:15pm	<ul style="list-style-type: none"> <li>✓ Arrive at work.</li> <li>✓ Meet with the physiotherapy assistant and get updates about any changes to client bookings, check emails and voicemails.</li> <li>✓ Review charts for the day.</li> <li>✓ Meet with kinesiologist to discuss clients for the day.</li> </ul>
12:15pm- 1:00pm	<ul style="list-style-type: none"> <li>✓ Eat lunch</li> <li>✓ Complete new assessment with a client and document findings in chart.</li> <li>✓ Dictate letter for distribution to doctor and to the client's workplace.</li> <li>✓ Ask physiotherapy assistant to call the client's workplace to confirm job requirements.</li> <li>✓ Set up treatment plan for the client.</li> </ul>
1:00pm- 2:15pm	<ul style="list-style-type: none"> <li>✓ See return clients and discuss with physiotherapy assistant and kinesiologist the status and progress needed with each client.</li> <li>✓ Call Workers Compensation board case worker to ensure client is approved for physiotherapy services.</li> <li>✓ Arrange functional assessment with occupational therapist.</li> </ul>
2:15pm- 4:00pm	<ul style="list-style-type: none"> <li>✓ See return clients and new assessments, to provide treatment and education for each one.</li> <li>✓ Ensure other health care professionals who are involved in the client's care agree with proposed care plan.</li> </ul>
4:00pm- 4:30pm-	<ul style="list-style-type: none"> <li>✓ Eat dinner while reviewing client charts.</li> </ul>

4:30pm-7:30pm	✓ Perform physiotherapy assessment and treatment on afternoon patients and repeat all of the same functions as in the afternoon.
7:30-8:00pm	✓ Make necessary calls and appointments for clients, finish charting and writing letters to physician or referring source. ✓ Review emails, read an article of interest and check tomorrow's schedule.

**Reflective Questions:**

1. Were there tasks indicated in the sample day-in-the-life schedule that you were not familiar with performing? If so, which ones?
2. How does this day differ from your present practice? What changes would you make to your practice or what new knowledge or skills do you need to be able to complete these tasks with confidence?