



Alberta  
Association of  
Physiotherapy

# July Newsletter



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## CEO Message

I hope you're finding time to recharge this summer as we all navigate the ongoing balance between work and life. As the season unfolds, I want to take a moment to thank you for everything you do to support the profession of physiotherapy here in Alberta and beyond. Your continued engagement and commitment are what shape the future of our work.

Earlier this month, I had the opportunity to connect with colleagues from across the country to discuss how we can work together nationally to strengthen and elevate physiotherapy. There's a strong sense of momentum across Canada, and AAP is proud to be part of these important conversations.

As we approach the end of our fiscal year in September, we're already looking ahead to an exciting new chapter. **Membership renewal** will officially launch in August, so keep an eye on your inbox for an update from CPA. We look forward to continuing to support you and to champion physiotherapy across Alberta.

### **Find a Physio Tool**

A big thank-you to everyone who has created a profile in our **Find a Physio** tool. This platform helps Albertans—and other healthcare professionals—connect directly with physiotherapists across the province. If you haven't added your profile yet, now is a great time to do so. Please continue to share the tool within your networks!

Catch up on the latest episodes of **Goal Getter**, available on our website and all major streaming platforms. Season 1 explores a wide range of topics that highlight the depth and diversity of our profession and its role in every Albertan's health journey. See below for the most recent episode release.

### **Save the Date: September 20**

Join us for an important conversation about Alberta's **Care First model** and the changing motor vehicle accident (MVA) system. This event will ensure you're informed and equipped for what's ahead. Please see below for registration details.

Wishing you a healthy, restful, and inspiring summer. Thank you for being an essential part of our community.

Best,

Jen

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# Alberta's New Care-First Model:

A Special Panel Discussion

Hosted by the **Alberta Association of Physiotherapy**  
and the **Chiropractic Association of Alberta**



Join us for an important panel discussion on Alberta's new **Care-First Model**—a transformative shift in automobile insurance that aims to improve how care is delivered to Albertans.

Hear from key voices directly involved in shaping this reform as they explore the model's development, implementation, and its far-reaching implications for clinical practice, patient care, and interprofessional collaboration.

The panel will also examine how the Care-First Model may influence provider roles, treatment planning, and access to care across the province.

**Panelists:** Dr. Carol Cancelliere, Dr. Pierre Côté, Dr. Ashley Smith and Government of Alberta Representative

## Event Details:

**Date:** Saturday, September 20, 2025

**Time:** 1:00 PM – 3:00 PM

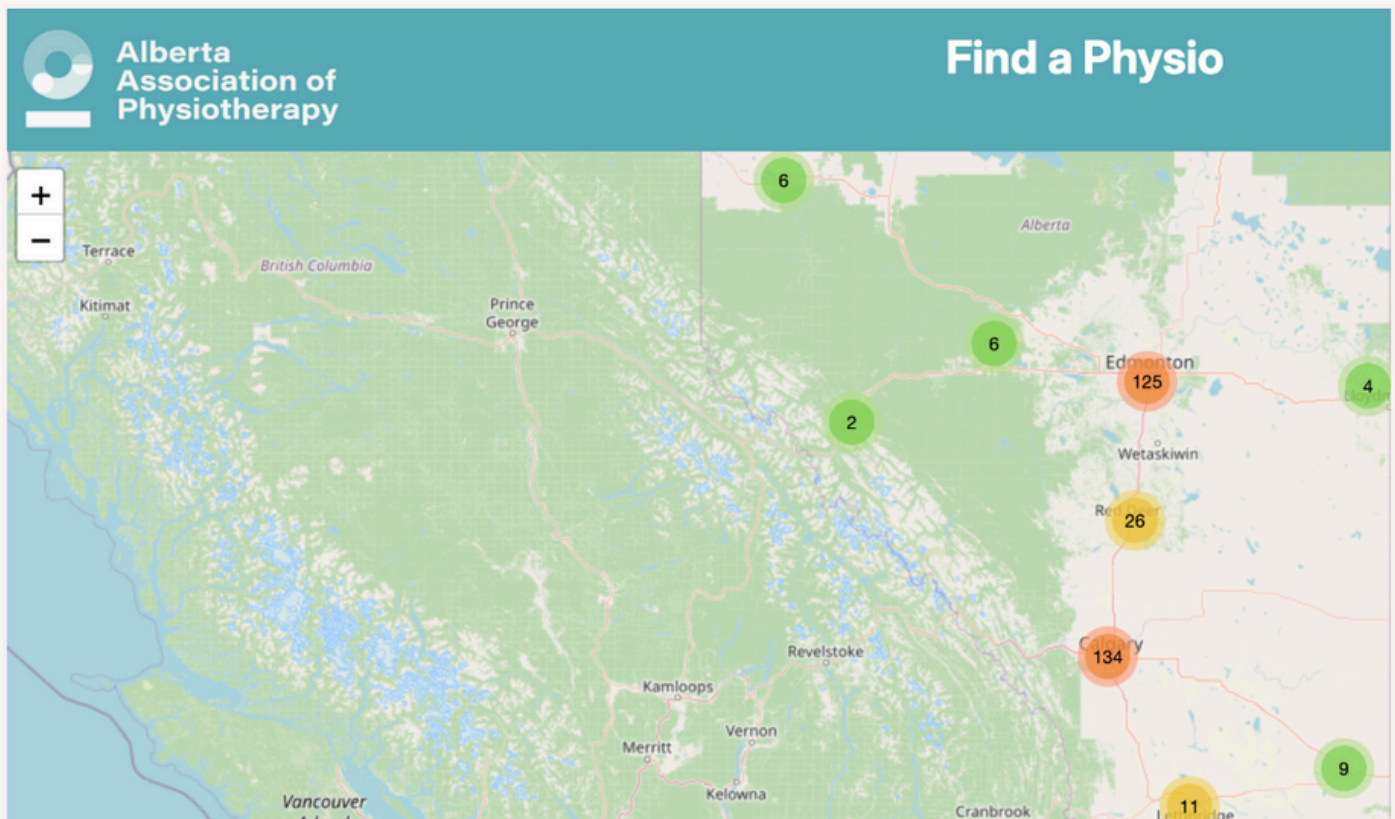
**Location:** Top of the Inn, Delta Hotels Edmonton South  
4404 Gateway Blvd NW, Edmonton, AB

[Register Here.](#)

Registration is required and open to Alberta-based healthcare professionals. Space is limited to 200 participants.

Learn more about the Care-First Model and secure your spot today!

## Find a Physio - Helping Albertans Access the Care They Need



Thank you to everyone who has already created a profile! **Our draw for a free 1-year AAP Branch Membership is now complete—**[congratulations](#) **to the lucky AAP member!**

We're excited to launch [Find a Physio](#), AAP's new online directory designed to connect Albertans and healthcare professionals with physiotherapy services across the province.

The tool allows users to search by location, treatment type, and specific conditions—making it easier than ever to find the right care.

As an association, we regularly receive inquiries from the public and other healthcare providers seeking physiotherapy services. Moving forward, we'll be directing them to the [Find a Physio](#) tool—so make sure your profile is included!

**Create your profile today** and help us build a strong, province-wide directory. Please encourage your colleagues to do the same—**non-AAP members are also welcome to join!**

Click [here](#) to register – or scroll to the bottom of the Find a Physio [directory](#) to login or register.

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**Attention Clinic Owners & Directors -  
Unlock Exclusive Savings Today!**

The Amazon Business logo is displayed in white on a dark blue background. It features the word "amazon" in its signature lowercase font, with a curved arrow underneath it pointing from the 'a' to the 'z'. To the right of "amazon" is the word "business" in a clean, sans-serif, lowercase font.

We're excited to introduce a brand-new AAP member benefit designed specifically for clinic owners and directors: **Join the AAP Amazon Business Associated Accounts Program.**

Ready to cut costs on the essentials your clinic uses every day? From office and janitorial supplies to breakroom items, business furniture, tech, and more—you can now access exclusive savings through AAP's partnership with Amazon Business.

**Here's the best part:** Your Amazon Business account stays completely independent —your purchasing, payment methods, and transaction history remain unchanged. But once linked, you gain access to additional perks and member-only pricing!

**Start saving today!** Click [HERE](#) to learn more. Or use this direct link: [AAP & Amazon Business Registration Link.](#)

Be sure to enter code **N28EMJ** to connect your account with AAP.

Let's make running your clinic easier—and more affordable!

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## Tune in to the Goal Getter Podcast!

*Ryan Williams, Sports Physiotherapist*

EPISODE 04



**GOAL  
GETTER**  
*The AAP Physiotherapy Podcast*

*"A key thing that we could all easily incorporate at any level of activity is: ease into things."*

*If you're going to start doing something, prepare for it, train for it, allow for proper recovery, and rest in between bouts.*

*Especially as you're just starting to get into something, whether that's getting proper sleep, proper nutrition, hydration, etc."*




## Episode 4: Train Like a Pro: What Everyday People Can Learn from NHL Physiotherapy with Ryan Williams

In [Episode 6](#) of the Goal Getter Podcast, we're joined by Ryan Williams, physiotherapist at the Glen Sather Sports Medicine Clinic, who's worked with elite-level athletes — including the Edmonton Oilers.

Ryan shares what it's like to support NHL-level performance, and more importantly, how everyday people can benefit from the same physiotherapy principles used by the pros.

From injury prevention to recovery and performance, this episode is packed with tips to help you stay active, healthy, and strong — at any level.

 Tune in now here:

[Apple](#)

[Spotify](#)

[Youtube - video podcast](#)

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## Research Opportunity -

Effect of a Continuing Education Course About Dementia for Rehabilitation Professionals on Learner Knowledge, Attitudes, and Confidence: a Pre-post Study.

**Dalhousie University** is recruiting participants and are looking for physiotherapists, occupational therapists, physiotherapy assistants, occupational therapy assistants, or kinesiologists in Canada who work with individuals with dementia.

**DO YOU PROVIDE REHABILITATION SERVICES TO INDIVIDUALS WITH DEMENTIA?**

***Care Approaches in Rehabilitation for Effective Support for Dementia (CARES-D)*** uses evidence-based information to generate awareness, share knowledge, and inform decision-making for rehabilitation professionals working with individuals with dementia.

We want to analyze the effect of CARES-D for rehabilitation professionals on learner knowledge, attitudes, and confidence, attitudes of dementia.

Participants will receive an Amazon gift card for their participation.

To learn more, contact:

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