



Alberta
Association of
Physiotherapy

June Newsletter



CEO Message

As we settle into summer, I want to take a moment to thank each of you for your continued commitment to advancing physiotherapy in Alberta. There's lots happening at AAP, and we want to keep you in the loop—and hear from you!

Have Your Say: Member Survey Open

Our member survey is currently live, and we'd love to hear from you. Your input helps shape our direction, focus areas, and member services. All completed surveys will be entered into a draw to win an **Amazon gift card**—details are below, and we can't wait to read your feedback.

Find a Physio: Help Us Build the Tool

We're continuing to build out the *Find a Physio* tool and encourage all members to complete their profiles. This tool is designed to connect Albertans to physiotherapy care across the province and highlight the breadth of our profession. Members who complete their profiles by **July 24th** will be entered into a draw to **win the Alberta portion of their membership fees for the 2025/26 year!**

New Patient Resources in the Member Portal

This past month, we had the opportunity to host a University of Alberta student placement and used the time to begin re-developing patient resources that were previously available when the College and Association were one entity. Huge thank you to our student, Ibrahim Bakare for his work on this project, as well as the physiotherapists who worked with Ibrahim to review and refine the resources. We're excited to share that the first resources have now been posted to the member portal, and more will follow in the months ahead. If there are particular topics you'd like us to prioritize, we'd love to hear your suggestions—just reach out.

Goal Getter: The AAP Physiotherapy Podcast

Thank you to everyone who's been tuning in to *Goal Getter: The AAP Physiotherapy Podcast*. Episode 4 launched last week, and we're proud of how this platform is helping to raise awareness about the role of physiotherapy in the health journeys of Albertans. One of our main goals is public education, so please feel free to share the podcast with your patients, colleagues, and networks. [See all episodes here](#) or find us on your favorite listening platform.

Wishing you all a wonderful **Canada Day** and a safe, relaxing summer.

Best,

Jen

Help Shape the Future of AAP - Complete the 2025 AAP Member Survey & Enter to Win a \$50 Amazon Gift Card



Your feedback matters. [Take Survey HERE.](#)

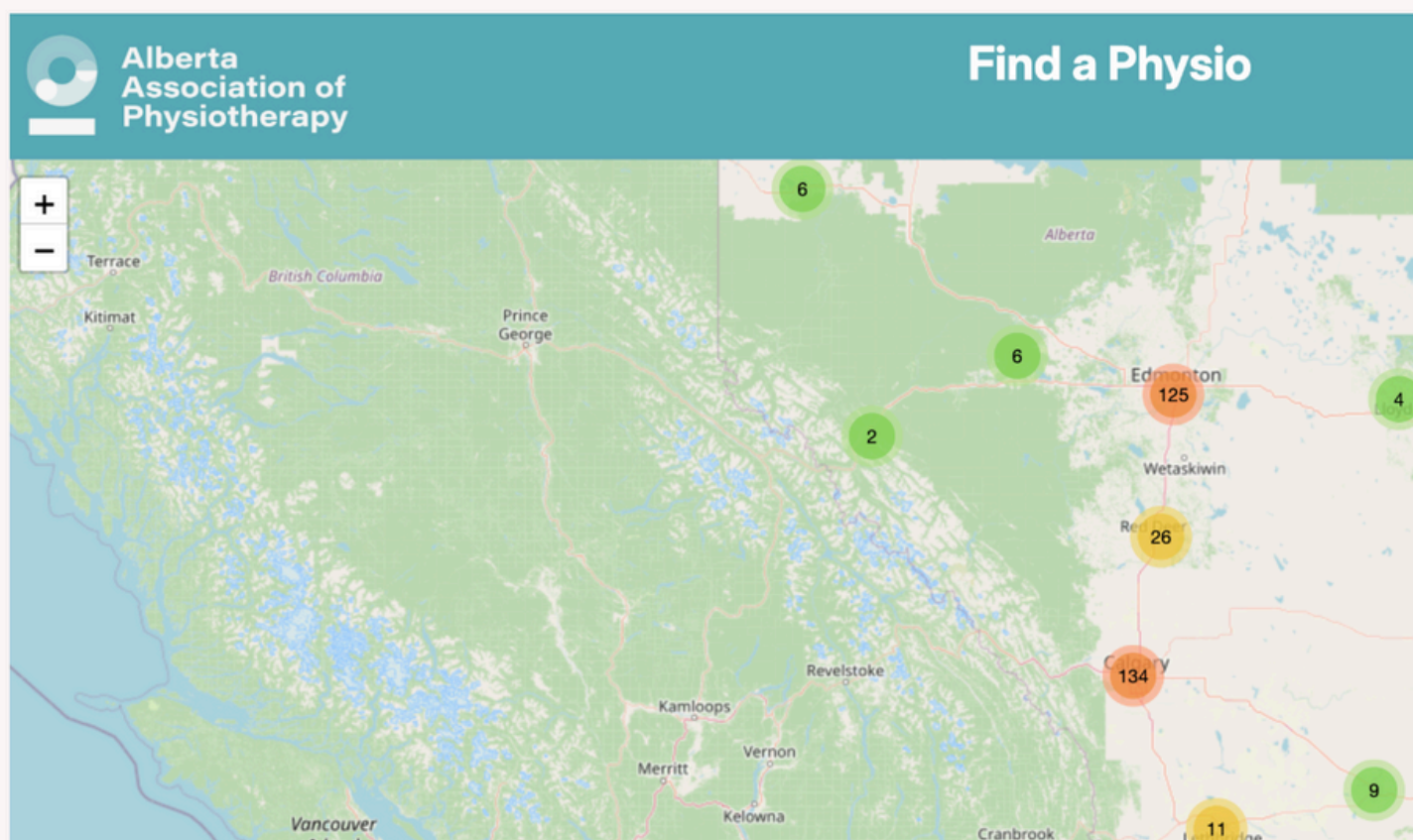
We invite you to take a few minutes to complete the 2025 AAP Member Survey. Your feedback is essential in helping us better understand your needs, priorities, and how we can continue to strengthen our programs, initiatives, and advocacy efforts.

The survey takes approximately **5–10 minutes** to complete and covers key areas such as the upcoming 2026 AAP Connect Conference, Find a Physio Tool, Mentorship Program, Membership, and the AAP Physiotherapy Podcast.

As a thank you, you'll have the option to enter a draw to win **1 of 5 Amazon gift cards valued at \$50 each**. Let us know what matters most to you and together we can shape a stronger future for physiotherapy in Alberta. *Survey will close on Friday, July 11th.*

As a thank you, you'll have the option to enter a draw to win **1 of 5 Amazon gift cards valued at \$50 each**. Let us know what matters most to you and together we can shape a stronger future for physiotherapy in Alberta. *Survey will close on Friday, July 11th.*

Win a Free 1-Year AAP Branch Membership - Complete Your *Find a Physio* Profile by July 24th, 2025!



We're excited to announce the public launch of our [Find a Physio](#), AAP's new online directory connecting Albertans and other healthcare professionals with physiotherapy services based on location, treatment types, and specific conditions.

Make sure you're visible!

Complete your profile by July 24th, 2025, and you'll be entered to win a free 1-year AAP Branch Membership for the upcoming renewal year.

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

Help us build a robust directory by encouraging your colleagues to create their profiles. Non-AAP members are also welcome to join!

**Note: Only active AAP Member Find a Physio Profiles will be eligible for the draw and CPA membership fees still apply.*

Exciting Announcement - 2 New AAP Member Benefits!



We are excited to announce 2 new exclusive member benefits that are now available to you as AAP Members:

1) **AAP Amazon Business Associated Accounts Program:** Looking to save on essential supplies for your clinic or business —everything from office products and janitorial supplies to breakroom items, business furniture, computers, and IT accessories?

Join the AAP Amazon Business Associated Accounts Program Today!

When you join, your Amazon Business account continues to operate independently (including your purchasing, payment methods, and transaction history), **but you unlock exclusive benefits!**

Click here to learn more or visit AAP's Associated Accounts Program registration link: **AAP & Amazon Business Registration Link** and use code **N28EMJ** to register or link your existing Amazon Business Account as an Associated Account to AAP.

2) **Scribeberry:** Scribeberry is a secure, Canadian AI-powered tool designed to take the headache out of clinical documentation. Acting as your digital medical scribe, it listens to patient encounters, converts speech to text, and auto-generates notes you can easily review and upload to any web-based EMR (i.e. Jane).

From routine charting to complex forms like AISH, WCB, and MVA, Scribeberry streamlines your workflow—so you can focus more on patient care, not paperwork.

To learn more and view a [demo video](#) created specifically for AAP members, log in to the [AAP Member Portal](#) and/or visit [Scribeberry.com](https://www.scribeberry.com).

Exclusive for AAP Members: Use code **AAPSCRIBE** to unlock your special discount.

Tune in to the Goal Getter Podcast!

Dr. Nadia Keshwani, Pelvic Floor Physiotherapist




EPISODE 04

**GOAL
GETTER**
The AAP Physiotherapy Podcast

"A pelvic floor physiotherapist should set up a space where you feel comfortable, heard and safe."

A physiotherapist will work with each individual to figure out what they are comfortable with and then work within that comfort zone."


 **Episode 4: Pelvic Floor Physiotherapy
with Dr. Nadia Keshwani**

In Episode 4 of the *Goal Getter Podcast*, we sit down with Dr. Nadia Keshwani [@thephdphysio](#), pelvic health physiotherapist, educator, and founder of PhD Physio Inc., to explore this essential — and often overlooked — area of care.

From pregnancy and postpartum to menopause, post-menopause, and even childhood, pelvic floor physiotherapy can be life-changing.

Yet many people, especially women, hesitate to seek support, whether due to a lack of information or feelings of embarrassment.

Dr. Keshwani breaks down the stigma and explains why educating the public about pelvic health is so important — and how physiotherapists can lead the way.

 Tune in now here:

[Apple](#)

[Spotify](#)

[Youtube - video podcast](#)

New Member Resources on our Website

We are happy to announce that we have added a Member Resource section to our Member Directory on our website.

Specifically, we have included an information sheet about Tendinopathy and Whiplash-Associated Disorders. These have been reviewed by AAP members and are ready for download/print.

We will continue to add new resources and build the member resource section of our website. Stay tuned for more to come!

If these resources would be useful to you or your practice, [login to the Member Portal](#) and click on “Member Resources” or click below to download:

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Whiplash-Associated Disorders (WAD)

What is WAD

Whiplash-Associated Disorders are a group of symptoms that occur following direct or indirect acceleration/deceleration injuries to the neck that occur after falls, motor vehicle collisions and sport injuries.⁽¹⁾

Symptoms of WAD

Common symptoms of WAD include neck, upper and lower back pain, shoulder pain, and headaches. Less common symptoms include radiating arm pain or numbness/tingling, dizziness, unsteadiness, and fatigue. Common psychological symptoms include post traumatic stress symptoms, sleep disturbance, emotional distress, cognitive challenges and mood disturbances are also common.

WAD Classification System

- WAD 0: No pain present. No objective signs
- WAD I: Pain present. No objective signs
- WAD II: Musculoskeletal signs (decreased range of motion). Pain and tenderness
- WAD III: Same as WAD II plus presence of neurological signs (numbness/tingling, loss of reflexes, and weakness associated with nerve dysfunction)
- WAD IV: Dislocation or fracture

While WAD has primarily been classified with the Quebec Task Force Classification (WAD I - IV), it is believed that the classification system fails to accurately depict the complexity and diversity of WAD and relies too heavily on clinical signs. Nonetheless the QTF WAD classification system is still prevalent in practice today.^(4,5)

WAD Prognosis

Most people will recover following a whiplash injury. However, approximately 50% continue to report symptoms 6-12 months following the injury. This is most commonly associated with ongoing pain and disability. Initial features that influence later outcome include:

- Higher initial levels of pain and disability
- Initial presence of neck pain, headache or low back pain
- Preinjury neck pain
- Impaired pain cognitions

Alberta Association of Physiotherapy

Tendinopathy

Tendinopathy is an umbrella term that refers to a spectrum of changes in a tendon (tissue that attaches your muscle to bones) that leads to pain and functional limitations⁽¹⁾.

It is an overuse injury often characterized by **pain, tenderness and swelling** in a tendon. Tendinopathy encompasses **tendinitis** (tendinopathy with inflammation) and **tendonosis** (tendinopathy without inflammation).^(2,3)

A **common misconception** regarding tendinopathy is that it is an injury specific to athletes. However, tendinopathies are **common in athletes and the general population**. Some studies have reported that 1-2% of adults develop lower extremity tendinopathy in their lifetime.⁽⁴⁾

Tendinopathies are common in high-load sports, however they can also impact individuals in physically demanding jobs such as **assembly line packers, food industry workers, construction workers, surgeons** and jobs with repetitive movements.

Common tendinopathies include; **ankle (achilles tendinopathy), knee (patellar tendinopathy), elbow (medial and lateral tendinopathy), and shoulder (rotator cuff tendinopathy)**.

How Can Your Physiotherapist Help?

While the treatment approach for tendinopathies varies by type, common interventions include:

- Education
 - Physiotherapists can provide education on the nature of a tendinopathy, recovery, signs and symptoms, and activity modification.
 - Additionally physiotherapists can provide advice regarding the need for imaging, medical management, and need for aids.
- Active treatment methods
 - Physiotherapists can assist patients by providing evidence-based exercise programs, manual therapy, activity modification.

Alberta Association of Physiotherapy

Research Opportunity - Physiotherapists' Knowledge and Comfort Discussing Pediatric Obesity

The survey will take approximately 10-15 minutes to complete, and your responses will remain anonymous.

Your participation will contribute to a better understanding of our role in addressing childhood obesity.

If you are interested in participating, please click the link below to access the survey and consent form: <https://forms.office.com/r/ZgbVfT9rnc>

We truly appreciate your time and input. If you have any questions, feel free to email Isabelle Gagnon at isabelle.gagnon8@mcgill.ca.

**The following is a paid advertisement/content submission.*

Questions and concerns should be directed to the advertiser/content owner.







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