



Alberta
Association of
Physiotherapy

September Newsletter



CEO Message

Happy Fall!

Thank you to everyone who has renewed your membership with the Alberta Association of Physiotherapy. Your ongoing commitment strengthens our profession and highlights the value of being part of a united physiotherapy community. Together, we are building momentum to advance the role of physiotherapy in Alberta's healthcare system.

This month, I had the privilege of attending several sessions as part of *Life Sciences Week* in Edmonton. The conversations spanned innovation in hospitals, rural and remote access to care, and women's health. I left feeling energized and excited about the opportunities ahead, with many follow-up discussions planned to ensure physiotherapy continues to be at the table in shaping Alberta's health system.

We've also had a busy month at AAP:

- On **September 20**, we hosted a **Care First Panel** to share updates on automobile insurance reform and what the Care First model means for healthcare providers (see more details below).
- We are thrilled to have launched **Episode 10 of the Goal Getter Podcast!** Please continue sharing this resource within your networks, especially with patients who may benefit from the conversations.
- The **Call for Speakers** is now open for the **AAP Connect Conference, October 2026**. We encourage you to consider submitting and to share this opportunity with colleagues.
- As our fiscal year comes to a close, we are seeking **2–3 new board members** to join our Board of Directors. We strive to represent physiotherapists across Alberta, in all workplace settings, and with diverse voices at the table. If you are interested in learning more, please reach out to me directly at ceo@albertaphysio.com.

Thank you again for your support and for being an integral part of our association. I'm looking forward to the year ahead and to continuing this important work together.

Best,
Jen

Advocacy Update

On **September 20**, the Alberta Association of Physiotherapy (AAP) cohosted a session with the Chiropractic Association of Alberta with a special panel discussion on Alberta's new **Care-First Model**, a major reform of the province's motor vehicle insurance system set to launch on **January 1, 2027**.

Key features of Care First were outlined, which prioritizes access to appropriate, evidence-informed care. The reform will initially focus on five anatomical areas:

- Neck pain
- Headaches associated with neck pain
- Shoulder pain
- Low back pain
- Mid back or chest wall pain

To support this shift, a systematic review process is underway. This review will guide the development of **clinical care pathways**, followed by **education modules** to ensure consistent implementation across providers.

The foundation for these reforms is the [OPTIMa recommendations](#). Currently there is a draft recommendation subcommittee developing clinical care pathways, through a methodologically rigorous synthesis of published literature with a low risk of bias - that will strengthen, weaken or not change the [OPTIMa recommendations](#).

A scientific committee, healthcare advisory committee (inclusive of AAP) and a patient advisory committee will be providing feedback to assist with recommendations to the Government of Alberta for implementation on January 1, 2027. Further updates will be provided as they arrive.

Share Your Input

During the September 20th session, participants were asked to consider how education modules can best support practice. We invite you to share your insights by email in response to the following:

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- Within an online, self-paced format, what helps you stay engaged and complete a module?
 - What makes it easiest for you to apply what you've learned from a module into real patient care?
 - What are your barriers to applying evidence-based care in practice?
 - How can these modules best support you in using the care-first care pathways consistently?

Upcoming Opportunities to Learn

Through our involvement with the Healthcare Advisory Committee, we've learned that the Government of Alberta will be hosting webinars this fall, open to **all physiotherapists and health care providers**:

- **Delivering Care in Care First** – October 2025, focus on the role of health care providers in a Care First system with live Q&A
- **Programs of Care Journey & Complex Injury Journey** – November 2025, reviewing two journey maps

AAP will continue to share updates as this important reform progresses and once dates are available for the virtual sessions, we will share them out to all members.

AAP Connect: Call for Speakers



The Alberta Association of Physiotherapy is now accepting presentation proposals for the **AAP Connect 2026 Conference**, taking place **October 23–25, 2026**, at the Coast Canmore Hotel and Conference Centre in beautiful **Canmore, Alberta**.

We are seeking **dynamic, engaging speakers** to share their expertise with physiotherapy professionals from across the province.

👉 [Click here](#) for full details, including guidelines, deadlines, and submission requirements.

👉 [Click here](#) to complete the proposal form.

Please submit your completed proposal by email to carmen.malenica@albertaphysio.com no later than **Friday, November 7, 2025**.

We look forward to receiving your submissions and to building an outstanding program for AAP Connect 2026!

Alberta Association of Optometrists Webinar for AAP Members



The graphic is a promotional poster for a webinar. On the left, it says 'WEBINAR' in orange, followed by 'ALBERTA'S POST-STROKE VISION PATHWAY:' in blue, and 'A Guide for Physiotherapists' in large blue font. Below this, it says 'TUESDAY, OCTOBER 28 | 7-8 PM MT'. At the bottom left is the Alberta Association of Optometrists logo. On the right, there is a portrait of Dr. Cristy Franco, a woman with dark curly hair. To the right of the portrait, on a blue background, is a text box that reads: 'Presented by the Alberta Association of Optometrists. Dr. Cristy Franco, OD presents Alberta's new Post-Stroke Vision Pathway. This session highlights common post-stroke visual challenges and demonstrate how the pathway facilitates timely, interdisciplinary referrals to vision care providers—ensuring stroke survivors receive the right care at the right time.'

WEBINAR
ALBERTA'S POST-STROKE VISION PATHWAY:
**A Guide for
Physiotherapists**
TUESDAY, OCTOBER 28 | 7-8 PM MT

Alberta
Association
of Optometrists

Presented by the Alberta
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presents Alberta's new
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survivors receive the right
care at the right time.

Session: Alberta's Post-Stroke Vision Pathway: A Guide for Physiotherapists

Speaker: Dr. Cristy Franco

Date: October 28th 2025, 7:00-8:00 PM

Location: Hosted virtually on Zoom

This session highlights common post-stroke visual challenges and demonstrates how the pathway facilitates timely, interdisciplinary referrals to vision care providers - ensuring stroke survivors receive the right care at the right time.

To Register [click here](#)

Tune into the Goal Getter Podcast!



Colleen Kuntze - Physiotherapist


EPISODE 10

GOAL GETTER
The AAP Physiotherapy Podcast

"In terms of rehab, the most important thing with the acute shoulder is that we keep it moving. Keep the muscles around the shoulder active as much as you can. Stretch often throughout the day to keep the shoulder from getting stiff."

Episode 10: Before and After:

How Physiotherapy Supports Surgery Success

 Shoulder pain is one of the most common issues people face — whether from sports, work, or everyday life. But with the right care, recovery and prevention are within reach.

In the Season 1 finale of the Goal Getter Podcast, we sit down with Colleen Kuntze — physiotherapist and AAP Board Member.

Colleen shares her expertise on shoulder injuries: how they happen, how physiotherapy can help, and practical strategies to keep your shoulders strong and healthy.

Don't miss Episode 10 for valuable insights that matter to both physiotherapists and the public. Feel free to share it with anyone you think might benefit.

🎧 **Tune in now here:**

[Apple](#)

[Spotify](#)

[Youtube - video podcast](#)

Assessment & Management of Acute Knee Injuries -

Hosted by Banff Sport Medicine Foundation



Looking to strengthen your expertise in assessing and managing acute knee injuries? Join the Banff Sport Medicine Foundation for a two-day course taking place **November 29–30, 2025, in Canmore, Alberta.**

For full details, [click here](#) or visit the [BSM Foundation website](#).

Please note **capacity is limited to 36 participants**, and the registration deadline is **November 7, 2025**.