

FAMILY PHYSIOTHERAPY



Concussion Management



Understanding Concussion Physiotherapy in Edmonton

Recovering from a concussion requires a structured and careful approach. Concussion Management Edmonton focuses on helping individuals restore brain function, balance, and daily activity levels after a head injury.

Physiotherapy plays a key role in guiding recovery without overloading the nervous system. Each treatment plan is adjusted based on symptoms, such as dizziness, headaches, or sensitivity to light.

Clinics often use a mix of movement-based therapy, vestibular exercises, and gradual activity progression. This helps the brain adapt and heal over time.

You may also hear terms like **concussion care Edmonton** or post-concussion recovery therapy, which refer to similar structured rehabilitation methods.



How Physiotherapy Supports Recovery After a Concussion

A concussion can affect more than just the head. It may impact balance, coordination, vision, and even concentration. That's where Concussion Physiotherapy Edmonton becomes important in the recovery process.

Treatment often includes:

- Balance and coordination exercises
- Vestibular rehabilitation for dizziness
- Gentle neck and posture correction
- Gradual return-to-activity planning
- Visual tracking exercises

These methods are designed to reduce symptoms while improving how the body and brain communicate.

In many cases, people searching for **Post Concussion Rehab** Near Me are looking for structured guidance to safely return to work, school, or sports.

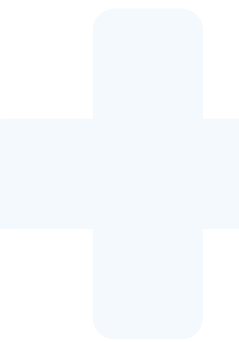


Local Relevance: Care in Edmonton Communities

Access to structured care is important for residents across Edmonton. Whether you live in central Edmonton or nearby areas like Clareview or Northgate, physiotherapy services are available to support recovery.

Many individuals in Edmonton seek help after sports injuries, falls, or minor accidents. With growing awareness around concussion care, Edmonton clinics are focusing on safe, guided rehabilitation.

Choosing a nearby clinic in Edmonton makes it easier to attend regular sessions and stay consistent with recovery plans.



Business Information

Business Name: Family Physiotherapy

Address: 7408-139th Avenue #G104 Edmonton, AB, T5C 3H7

Phone: 587-977-0680

Website: <https://www.physio.family/>

Google Maps: <https://maps.app.goo.gl/GdgaEALPdBmcZP4M6>

Business Hours:

Monday – Friday: 9:00 AM – 7:00 PM

Saturday: 10:00 AM – 4:00 PM

Sunday: Closed





Thank You

