

Introduction to Injury Care

Injury Prevention Resources - BUILDING A BETTER YOU!



At Honsberger Physio+ we look forward to helping build a better you, achieve optimal health and recover from injuries.

Our resources on this website are for informational purposes only. Please do not diagnose, self treat, or attempt any exercises from the content on this site without contacting your practitioner at Honsberger Physio+, your physician or a qualified specialist first.

Articles

[Acute Injury Care](#)

[R.I.C.E.](#)

[Inflammation](#)

[Cast Care](#)

[Postsurgical Infection](#)

At Honsberger Physio+ we offer:

- + Physiotherapy
- + Massage Therapy
- + Athletic Therapy
- + Sports Performance Programs
- + Baseline Concussion Testing and Recovery
- + Visceral Therapy
- + Manual Therapy
- + Acupuncture and Dry Needling
- + Sports Specific Testing + Fitness Training
- + Vision Training in our Vision Performance Centre
- + Seniors Programs
- + Workplace Injury Prevention + Ergonomics
- + Custom Orthotics and Braces
- + WSIB and MVA Therapy

We look forward to working with you to enjoy maximum mobility and avoid injuries.