

Introduction to Injury Care

Physiotherapy in Regina for Injury Care

Welcome to the Scott Anderson & Associates Physiotherapy resource for injury care.



At Scott Anderson & Associates Physiotherapy we look forward to helping you achieve optimal health and recover from injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Scott Anderson & Associates Physiotherapy, your physician or a qualified specialist first.

At Scott Anderson & Associates Physiotherapy we offer Physiotherapy, Acupuncture, Workplace Evaluation and Ergonomics, Personal Training and Specialized Rehab Services and look forward to working with you to enjoy maximum mobility and avoid injuries.

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