

Introduction to Injury Care

Physiotherapy in Canmore for Injury Care

Welcome to the Active Life Physiotherapy resource for injury care.



At Active Life 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 Active Life Physiotherapy, your physician or a qualified specialist first.

At Active Life Physiotherapy we offer Physiotherapy, Acupuncture, Manual Therapy, Gait Analysis, Bike Fit Analysis, FUNctional Movement Analysis and look forward to working with you to enjoy maximum mobility and avoid injuries.

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