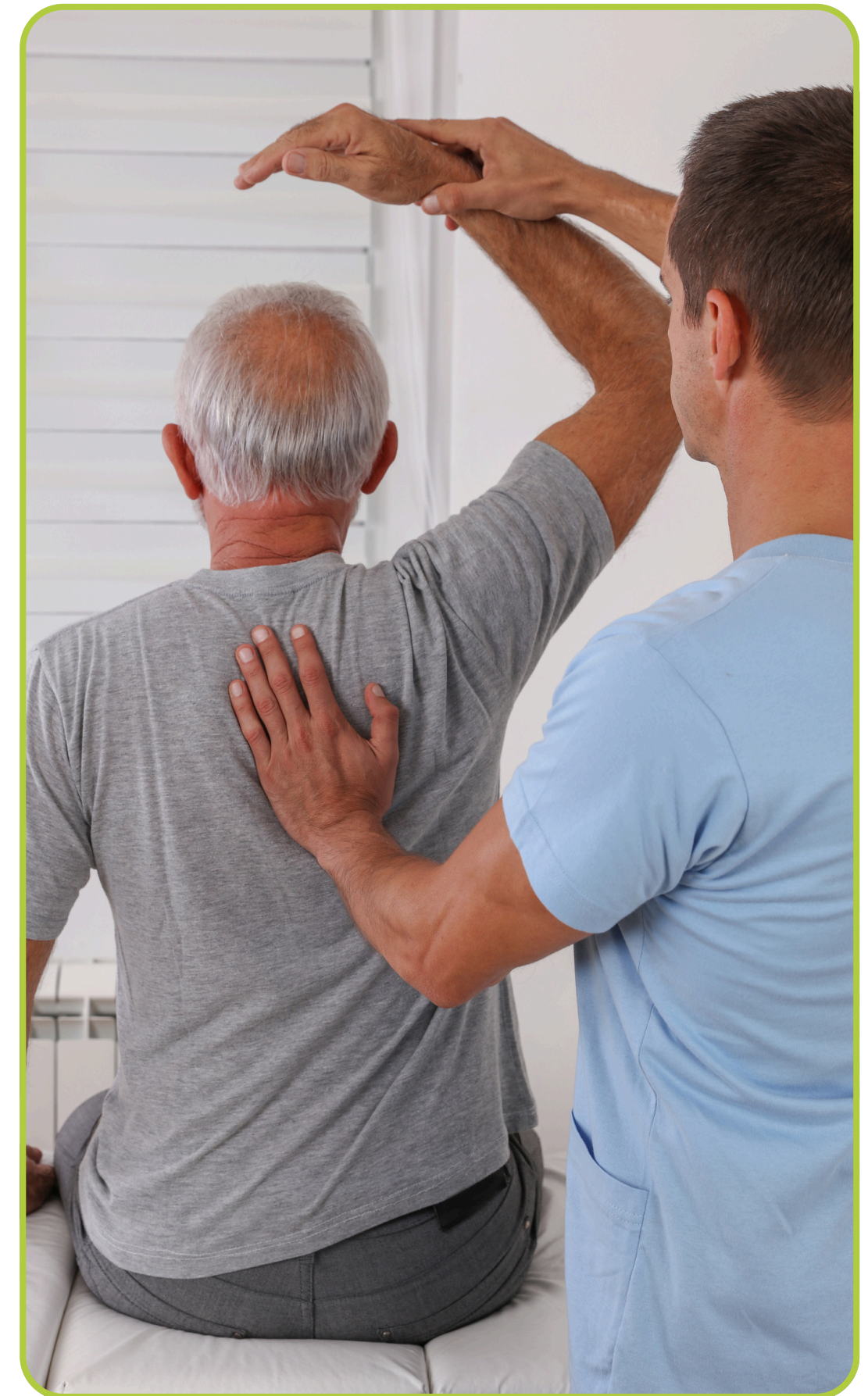




MVA Physiotherapy Edmonton

Recover Safely. Restore Movement. Return to Life.



What is MVA Physiotherapy

Motor Vehicle Accident (MVA) Physiotherapy is a specialized rehabilitation program designed to help individuals recover from injuries sustained in a car accident. Whether you've experienced a minor collision or a major impact, physiotherapy focuses on relieving pain, restoring mobility, improving strength, and helping you safely return to your daily activities.

At Next Step Physio & Neuro Rehab Clinic, we begin with a comprehensive assessment to understand your injuries and create a personalized treatment plan tailored to your recovery goals. Our approach supports healing while reducing the risk of long-term pain and complications.



Next Step Physio &
Neuro Rehab Clinic

Conditions Treated With

MVA Physiotherapy

01



Whiplash Injuries

02

Neck Pain

03

Back Pain



04

Shoulder Injuries

05

Concussion & Balance Problems

06

Joint Pain & Mobility Issues

07

Soft Tissue Injuries

General Recovery Timelines

Whiplash or Neck Strain

Our focus is on reducing stiffness, improving neck mobility, and teaching posture correction and daily movement strategies to avoid re-injury.

4–6 sessions

Back Pain or Muscle Spasms

Includes manual therapy to relieve tension and a progression of stretching and strengthening exercises to support your spine and core.

2–4 sessions

Post-Trauma Headaches

We use a paced approach that may involve vestibular therapy, eye movement training, and gradual return-to-activity plans to manage dizziness, brain fog, or sensitivity.

6–10 sessions

Post-Surgical Rehab

Recovery may take longer if fractures, ligament tears, or surgeries were involved. We guide you through phases to functional retraining and strength building.

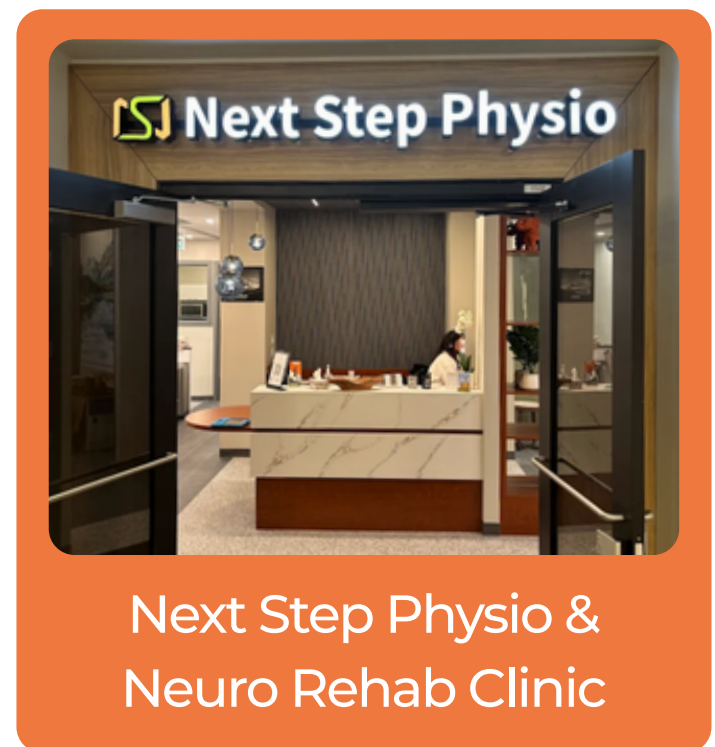
8–12+ sessions

Is MVA Physiotherapy Covered by Insurance

If you've been injured in a motor vehicle accident in Alberta, you may be eligible for physiotherapy treatment through your auto insurance benefits, depending on your claim and circumstances. Early assessment and treatment can play an important role in managing pain, restoring mobility, and supporting a successful recovery.

At Next Step Physio & Neuro Rehab Clinic, our team helps guide patients through the rehabilitation process by providing thorough assessments, personalized treatment plans, and assistance with the necessary documentation. We also offer direct billing for eligible claims whenever possible, making your recovery journey more convenient.

Helping Edmonton residents recover from motor vehicle accident injuries with compassionate, personalized physiotherapy care.



Next Step Physio & Neuro Rehab Clinic

Take the Next Step in Your MVA Recovery

Recovering after a motor vehicle accident doesn't have to be overwhelming. At Next Step Physio & Neuro Rehab Clinic, we're committed to helping you reduce pain, restore movement, and regain your quality of life through MVA physiotherapy and compassionate care.

From your initial assessment to your final rehabilitation session, our experienced team develops a personalized treatment plan tailored to your injuries, recovery goals, and lifestyle. We also assist with eligible insurance claims and direct billing to make the process as smooth as possible.



Thank You.

Your recovery starts with the right care—let us help you take the next step.

