

# Introduction to Injury Care

## Physiotherapy in Hamilton downtown for Injury Care

Welcome to the Hamilton Physio & Rehab resource for injury care.



At Hamilton Physio & Rehab 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 Hamilton Physio & Rehab, your physician or a qualified specialist first.

At Hamilton Physio & Rehab we offer Physiotherapy, Massage Therapy, Chiropractor, Acupuncture, Custom Knee Bracing, Orthotics, Concussion Management, OHIP and Hand Therapy and look forward to working with you to enjoy maximum mobility and avoid injuries.

### Articles

[Acute Injury Care](#)

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

[Inflammation](#)

[Cast Care](#)

[Postsurgical Infection](#)