



New Grad? Experienced physio/kin looking for mentorship? Want to expand your clinical toolbox? Ready to improve your clinical reasoning and differential diagnoses skills? Want to learn from a successful Physiotherapist or Kinesiologist with advanced clinical skills? Want to know more about delivering evidence-based services and case load and practice management?

YES? That is why we developed the **ALP Mentorship Program**. North Vancouver Island's only official mentorship program.

What is the ALP mentorship program?

Active Living Physiotherapy has a unique mentorship program that is designed exclusively for Active Living Physiotherapists and Kinesiologists. Whether you are a newly graduated clinician or already have clinical experience under your belt, we have created a program tailored for your success.

Mentorship begins with one-on-one direct supervision by an experienced Physiotherapist or Kinesiologist within the clinic. This gradually progresses to indirect supervision and consulting with weekly "check-ins". Although the period of direct supervision may last up to three months, the mentorship program is ongoing. The individual supervision program will also be supplemented with monthly clinical in-services led by our in-house Knowledge Broker. Here we keep up to date with current research and collaborate on case studies. "More brains are better than one" is a common saying around here! We strive to continuously share theoretical and practical knowledge to benefit everyone in an open environment suited for knowledge translation.

How is the program structured?

The mentorship program is comprised of two streams:

1. **Clinical Stream** – focuses to improve:

- Clinical skills (e.g. manual therapy skills, exercise prescription).
- The transition of academic knowledge into clinical practice.
- Clinical reasoning skills.
- Recognition of clinical patterns and differential diagnoses.
- Communicating a clinical hypothesis or diagnosis(es)- (physios only).
- Estimating a prognosis and recovery timeline while recognizing indicators of success or barriers to recovery.
- Building evidence-informed practice skills and habits.

2. **Caseload Management Stream** – expands on:

- Caseload management.
- Creating clear treatment plans.
- Charting practices that meet BC Physiotherapy College guidelines or BCAF recommendations.
- Verbal and written communication with all stakeholders and health care providers associated with a private practice.
- Business-Practice management for independent contractors.

In a nutshell, you'll learn:

- How to build a full caseload and maintain it.
- How to create a treatment plan and keep clients committed to it to ensure their success.
- How to interact with patients and develop rapport.

Plus you'll receive career planning counseling/advice and an Embodia membership!

At Active Living Physiotherapy, we want to ensure our team of clinicians are supported. We want them to gain the confidence and competencies that will allow them to deliver high quality patient care. We intend to develop a community of clinicians that are strong leaders who can work with the wider allied health community. Our goal is to ensure the sustainability of the Physiotherapy and Kinesiology professions for future generations of physios and kins and clients.

Learn from clinicians with 20+ year experience and specialists in various disciplines of Physiotherapy including:

- Bike fit
- Video gait analysis
- Vestibular rehabilitation
- Pelvic health
- Dry needling
- Manual therapy
- Sports physiotherapy
- ACL rehab
- MVA recovery
- Specialized small group class instruction