

**Sport Physiotherapy Canada (SPC)  
Guidelines for Physiotherapy Remuneration  
(April 2006)**

**What is Sport Physiotherapy Canada?**

Founded in 1972, Sport Physiotherapy Canada (SPC) is a National Organization whose primary goal is to provide high quality sport physiotherapy services to athletes and active Canadians.

Physiotherapists that are SPC members currently service athletes at all levels, from recreational to national and professional. Our scope of care ranges from beginner and youth to master's level and from emergency care to injury prevention, assessment and rehabilitation. Many of our members also act as consultants and educators to athletes, coaches, sporting clubs, universities, colleges and other organizations.

In addition to working in clinics with teams and sporting events, many SPC accredited physiotherapists also form part of the Canadian Health Care Teams for events such as the Olympics, Paralympics, Commonwealth, World University, Pan American, Jeux de la Francophonie and Canada Games.

**Sport Physiotherapy Expertise**

SPC has a post-graduate Credential Program that includes certification specializing in sport medicine. SPC members in the Credential Program are working on focused professional development and building toward their Credentials.

**1) Credential Program Applicant**

This entry point for the Credential Program ensures that SPC members hold a current First Responder or Sport First Responder and are members of CPA and SPC in good standing. The skills and knowledge base must be maintained throughout the therapists' involvement in sport physiotherapy.

**2) Certificate**

To achieve a **Sport Physiotherapy Certificate** a physiotherapist must spend approximately 800 hours covering sports (200 hours of which must include a contact sport). In addition, there is a written theoretical and an oral/practical examination. A Certificate-level physiotherapist has the knowledge and skills to effectively assess and treat athletic injuries in both the acute care and clinical settings. These physiotherapists also learn to be independent in trauma management and emergency care.

**3) Diploma**

To achieve a **Diploma in Sport Physiotherapy** a physiotherapist must have experience working with at least six different sports (including full

season team coverage). There is a written theoretical and an oral/practical examination. A Diploma-level physiotherapist is able to look after the complete needs of an athletic team. Team requirements may include: pre-season conditioning, training camp, acute injury care, and complete rehabilitation of the athlete back to competitive level. Upon completion of the Diploma, a member will be entitled to call himself/herself a "Sport Physiotherapist" (dependent on provincial licensing regulations).

### **Other Areas of Physiotherapy Expertise**

Athletes require optimal movement and body function to perform at their best. Physiotherapists can also provide a "hands on" or manual therapy assessment and treatment approach. This can help an athlete restore joint movement, muscle function, strength, flexibility and balance. Many sport-minded physiotherapists complete post-graduate training to more comprehensively address musculoskeletal, peripheral and spinal joint conditions.

Physiotherapists are health care professionals committed to life-long learning. Physiotherapists may have additional training in other treatment modalities that are applicable for athletes including acupuncture, massage, advanced exercise, strength and conditioning. With the move towards evidence-based health care practice, physiotherapists are also contributing to relevant sport science and orthopaedic research. Therefore, it is recommended that compensation for sport event coverage take into consideration the following:

#### **1) Physiotherapist Training**

- SPC qualification(s)
- sport physiotherapy fellowships
- other sport-related training
- other clinical designations

#### **2) Physiotherapist Expertise**

- areas of sport physiotherapy and other professional specialization
- research background
- awareness and use of evidence-based practice principles

#### **3) Physiotherapist Experience**

- years of clinical practice
- past and present sport event and team coverage
- experience with high-performance and developing athletes

## **Compensation Recommendations**

### **1) Fee for Consultation**

- services provided may include athlete pre-season screening and/or assessment, recommendations regarding protective equipment, nutrition and periodization of training
- \$150 - \$250 per consultation

### **2) Hourly Rate**

- services provided may include one-on-one athlete assessment and on-field sport physiotherapy coverage of a 1-day or weekend-long sport event (eg. high school or club team rugby tournament)
- \$40 - \$70 per hour

### **3) Per Diem**

- therapists should receive food, travel and accommodation compensation. Travel time should be billed with mileage at 35 - 45 cents/km. \*(Ontario Physiotherapy Association and CAA recommendations)
- \$250 - \$500 per day

### **4) Salary**

- should be negotiated based on the level of team involvement, as well as time and availability requirements.

### **The following therapy-related expenses should also be anticipated:**

- budget for therapy supplies/equipment
- travel (air or other means of transportation, car rental, parking and mileage, accommodation, food, etc.)
- supplemental physiotherapy malpractice insurance, if required
- communication tools (cell phone, two-way radio, phone card, etc.)
- team uniform/clothing, event tickets or other incentives
- opportunities for family member to travel with the therapy provider, as appropriate

Sport physiotherapy is a valuable professional health care service. In some situations, teams, sports or events may be unable to pay these recommended rates. Under such circumstances, physiotherapists may choose to accept payment lower than those outlined in these fee guidelines, accept payment in kind or may choose to volunteer their time. In each case the full value of the service should be communicated to the team, sport or event organizers to ensure that the expertise being provided by the physiotherapist is fully recognized.