THINK BACK

When was the last time you felt no pain, even when sitting at your desk? For many people, everyday pain has become a way of life. Those who have turned to physical therapists for liberation from pain and immobility have found their quality of life greatly improved. Having a physical therapist as part of your health regimen can make the difference between living with pain and really living without it.

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quality

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APTA
American Physical Therapy Association

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Move Forward.™

Physical Therapy Brings Motion to Life

Physical Therapy

improves
mobility and motion

reduces
pain without medication, in many cases

helps
patients avoid surgery, in many cases

APTA
American Physical Therapy Association

88%

of physical therapy patients say the care they received was beneficial in helping them return to normal activity, increasing their range of motion and relieving their pain[1].

Why a Physical Therapist?

Physical therapists are your perfect partners in health. They are experts in the way the body moves. As highly educated health care professionals, physical therapists help you maintain mobility and quality of life without surgery or prescription medication, in many cases.

Physical therapists can get you moving and enjoying life again, using scientifically-based treatment techniques that focus on restoring function, reducing pain, and preventing injury.

A physical therapist, often in collaboration with you and your physician, will work to help you achieve a healthy, active lifestyle and can help you manage your health over the long term.

What Can You Expect from a Physical Therapist?

Because physical therapists graduating today are required to have a graduate degree – either a master's degree or clinical doctorate – and pass national and state licensure examinations before being allowed to practice, you can expect the best professional care.

Most insurance plans cover physical therapist services. On your first visit, your physical therapist will spend a significant amount of time evaluating your condition and determining when and why it occurs. She or he may then work with your physician to develop the best plan of care for you – one that will get you moving again and deliver long-term results.

Physical therapists understand that the road to recovery is personal, so you will always receive a treatment plan tailored to your individual needs. You are the most important member of your own health care team and you have the freedom to choose your own physical therapist. Please insist that your physical therapy be provided only by a licensed physical therapist.

Some of the Conditions Treated by Physical Therapists:

- Arthritis
- Back pain
- Balance
- Burns
- Carpal Tunnel Syndrome
- Developmental delays
- Chronic Obstructive Pulmonary Disease (COPD)
- Dislocations
- Fractures
- Hand Injuries
- Headaches
- Incontinence
- Lymphedema
- Osteoporosis
- Pelvic Pain
- Sports Injuries
- Stroke
- Traumatic Brain Injury (TBI)

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Improve Mobility & Motion

> Avoid Surgery

In many cases, physical therapists can help patients avoid costly and often painful surgery. For instance, studies[2] reveal that patients receiving physical therapy for neck pain were less likely to seek additional medical care.

> Eliminate Pain Without Medication

In many cases, your physical therapist will find a way to make life easier for you without the need for pain medication. For instance, the American Heart Association (AHA) urged doctors to change their approach to prescribing pain relievers for patients at risk of heart disease and to begin with physical therapy and other non-pharmacological treatments[3].

Move forward with your physical therapist!

[1] APTA Consumer Survey, October 2007
[2] Walker, M. et al. The Effectiveness of Manual Physical Therapy and Exercise for Mechanical Neck Pain: A Randomized Clinical Trial. Spine, October 2008
[3] American Heart Association. Use of Nonsteroidal Anti-inflammatory Drugs. An Update for Clinicians. Circulation, March 2007