

Therapy and Physical Care

Physical Therapy

Physical therapy can be an important tool that uses specially designed exercises and equipment to help carees regain or improve their physical mobility. As we get older and/or experience health-related challenges, our mobility can decline, but it does not have to. There are ways to manage and remain active and agile despite the health challenges your caree may have experienced. Learn tips to help them maintain a healthy level of activity.

What is Physical Therapy?

Physical therapy can be an important tool that uses specially designed exercises and equipment to help patients regain or improve their physical mobility. Physical therapy (PT), also known as physiotherapy, is one of the allied health professions that, by using evidence-based kinesiology, exercise prescription, health education, mobilization, electrical and physical agents, treats acute or chronic pain, movement and physical impairments resulting from injury, trauma or illness typically of musculoskeletal, cardiovascular, respiratory, neurological and endocrinological origins.

What are physical therapy treatments?

Movement-based activities, including stretching and range of motion exercises, can increase strength and mobility such as:

- Cat Stretches
- Neck-and-shoulder release
- Side reach and stretch
- Standing hamstring stretches

Questions and Information to give the Doctor

- Advise the doctor of any new findings good or bad.
- Ask your doctor for information about cost and options within your coverage.
- Be sure to be as detailed as possible with your symptoms.

How can I get help and more information?

The American Board of Physical Therapy Specialties (ABPTS) has a directory which is provided by the American Physical Therapy Association <http://www.abpts.org/home.aspx>. Here you can find a therapist and get started on your healing journey. As always it is important to speak with your primary care provider when you have concerns. They may be able to request a specialist on your behalf.