

Why Physical Therapy?

Have you ever wished you could go back and give your future self some advice? The truth is, the actions you take today can shape the life you live in five, 10, or even 50 years. It's never too early or too late to make physical therapy part of your health routine. Physical therapy isn't just about relieving today's aches and pains; it's an investment in your future. It helps you stay mobile, strong, and pain-free through a personalized health and wellness plan suited to your individual needs and abilities, so you can keep reaching your life goals both now and down the road.

What Is Physical Therapy?

Physical therapy is personalized treatment and preventive care provided by licensed physical therapists and physical therapist assistants. It helps people of all ages and abilities move and function better, manage pain and long-term health conditions, and recover from or prevent injuries and chronic disease.

Who Are Physical Therapists?

Physical therapists are doctorate-trained, licensed health care professionals who are trained to:

- Diagnose and treat movement and function problems
- Create personalized care plans tailored to your individual needs, abilities, and goals
- Empower you to take an active role in your health
- Help you move, feel, and live better — no matter your age or ability

Who Are Physical Therapist Assistants?

Physical therapist assistants are licensed health care providers who provide care under a physical therapist's direction and supervision. They are crucial members of a patient's care team, implementing treatment plans, recording patient progress, and documenting their findings to report back to the physical therapist. Physical therapist assistants may:

- Teach exercises prescribed by a physical therapist to improve movement, strength, and coordination
- Provide other prescribed treatments to relieve pain, aid healing, and promote better movement

- ✓ Relieve pain and recover from injuries or surgery
- ✓ Improve mobility, flexibility, and balance
- ✓ Manage chronic diseases or movement disorders
- ✓ Support recovery during pregnancy and postpartum
- ✓ Prevent injuries and stay active at every age
- ✓ Enhance performance for work, fitness, or play

Who Can Benefit From Physical Therapy?

Everyone! Physical therapy is for every age, stage, and ability — whether you're recovering from injury, managing chronic conditions, trying a new activity, enhancing mobility, or simply investing in long-term health and independence. It supports your health span at every step.

