

Physical Therapy For A Better Quality Of Life

(NAPSA)—The next time you have a pain in the neck or back, your arthritis is acting up, you are recovering from surgery or any of the countless other conditions affecting your ability to move freely within your daily life, a physical therapist can probably help. Physical therapists can even help fight complications from diabetes, such as loss of movement.

And, physical therapy is a covered benefit under Medicare and most commercial insurance plans.

Who Physical Therapists Are

Physical therapists are highly trained clinicians and over 75 percent have a Doctor of Physical Therapy (DPT) degree. The discipline can trace its roots back to Hippocrates, father of Western medicine, who advocated “hands on” treatment, including massage, manual therapy and hydrotherapy for the ancient Greeks.

“Most people only think about physical therapy for help with orthopedic issues, such as a bad knee or shoulder, or in relation to sports injuries, but physical therapy is much more than that—it is a key component in the treatment of the full range of neuromusculoskeletal diseases and conditions,” said Matthew R. Hyland, PT, Ph.D. and president of the New York Physical Therapy Association. “Physical therapy can help people walk after suffering a stroke, help people with rheumatoid arthritis complete everyday tasks such as cooking or writing, and help people regain their stamina after a heart attack.”

What Physical Therapy Does

Physical therapy is a cornerstone in the treatment of many musculoskeletal and neurological



Physical therapy can play a key role in any wellness program, helping people avoid future problems.

conditions, from arthritis to vertigo and from sprains, strains and fractures to stroke. It uses a variety of therapeutic techniques including manual therapy, exercise, balance training and patient education to relax, strengthen and heal muscles.

Its primary goal is to help maintain, restore or improve motion and mobility that has been impaired by disability, injury or disease. It can also help eliminate pain in tendinitis, bursitis, osteoarthritis and rheumatoid arthritis, offering an alternative to costly medications and injections. Plus, by eliminating pain and restoring mobility, it can often help avoid the need for surgery.

Where To Learn More

To find out more about physical therapy and how it can help you, go to www.moveforwardny.com.