



Physical Therapy Can Help You!

Physical therapists work with people of all ages to feel and move better. They can help maximize your movement, manage pain, avoid surgery, manage chronic conditions and recover from and prevent injury.

HERE ARE SOME WAYS PHYSICAL THERAPY CAN HELP YOU:



MANAGE PAIN

Physical therapists use a variety of treatments to address the root cause of your pain and movement limitations. Physical therapy is recommended as a safe alternative to opioids for pain management.



MAXIMIZE MOVEMENT

Physical therapists can help you maintain or restore as much function as possible to move safely and effectively. Regular physical activity can improve many chronic conditions and overall quality of life.



IMPROVE BALANCE & REDUCE FALL RISK

Physical therapists can help assess your fall risk factors and design a treatment plan to address your balance deficits. Physical therapy helps to restore balance, mobility and strength.

Physical therapists work hard to help patients maintain and regain their quality of life. Speak with your doctor to find out how Physical Therapy could benefit you!

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