

Physical Therapy:

More Than Just for What Ails You

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If you ask a group of casual bystanders what a physical therapist does for a living, you will undoubtedly receive a variety of answers. Most commonly referred to as “physical torturers” (the humorous definition of the acronym P.T.), physical therapists often get a bad rap for being the professionals you seek when you have pain or are recovering from a painful surgery. But surely, a profession of people who seek to do good unto others, spend a lengthy seven years in college to achieve a doctorate degree, and are willing to work in an industry with a notoriously low salary ceiling must be comprised of more than just masochists. Right?

In fact, most people do not realize that in many cases, physical therapy is used to prevent the onset of a painful issue. Given the extensive education today’s physical therapist receives on normal movement, prevention of injury, and holistic healing, a PT may be exactly what you need to keep yourself healthy, fit, and functional. In fact, the American Physical Therapy Association (APTA), along with several other healthcare organizations, recommends a yearly visit to your local physical therapist to check your fitness status. Just as you get your oil changed on your car regularly, visit the dentist semiannually, and participate in your yearly doctor’s physical, an annual visit to your physical therapist can help identify problems before they occur.

A yearly physical therapy assessment should include a comprehensive look at the following areas:

- » Balance
- » Flexibility
- » Strength in key muscles like your hips, back, and abdomen
- » Movement patterns commonly used like bending, squatting, and reaching
- » Exercise tolerance (how your blood pressure and heart rate respond to exercise)

In addition, your physical therapist can use this opportunity to establish an exercise program to stave off any future movement problems. Depending on your needs, this customized program can emphasize improving your bone density, enhancing your cardiovascular endurance, building strength, or improving your balance.

Not sold? See how you stack up physically by taking this 5-minute survey to determine your fitness level at <https://www.fitfactorsurvey.org>. A score less than 50% may indicate a visit to a physical therapist is warranted. And if that is the case, I guarantee you’ll soon discover that your physical therapist is not as mean as you think!





Action Potential

One on One Physical Therapy



Age is just a number
NOT A LIMIT.

The more important
number is your
PHYSICAL IQ.

Schedule your
FREE FITNESS SCREEN
Take control of your health
with this special offer!
MAY 17th • 9am - 1pm
484-841-6154

Check out our website for more upcoming events!
www.ReachYours.com