

Physical Therapy An Effective Alternative



Did You Know?

Did you know that physical therapy is a high value alternative to medication and surgery? A new federal study shows that more than one-third of American adults and nearly 12 percent of children use alternative medicine-with back and neck pain being the most common reasons for treatment (3).

Did you know physical therapists are experts in restoring and improving motion in people's lives and play an important role in not only treating pain and injuries that occur but also in prevention and risk reduction of those injuries. Physical therapists are highly educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility and function.

Patients receiving physical therapy care will experience greater improvement in function and mobility as well as a decrease in pain intensity. Those receiving active (exercises rather than manual) physical therapy will also receive fewer physical therapy visits, a shorter duration of care, lower charges for treatment, and better likelihood of a successful physical therapy outcome (1). Physical therapy can produce long-term health benefits plus patients are less likely to seek medical care up to one year following treatment.



In today's tough economic times, physical therapy is a low-cost, effective solution to musculoskeletal pain specifically in the neck and low back (2). Physical therapy treatment is relevant to the current challenging economic environment in that it reduces the occurrence of expensive surgeries and prescribed medication, and empowers you to gain control over your body and return to an active, productive, and enjoyable life.

Information source (1) American Physical Therapy Association. (2008, August 12). Physical Therapists offer Low-Cost Solution to High-Cost Expenditures for Acute Low Back Pain. Retrieved July 1, 2009 from <http://www.apta.org/AM/Template.cfm?Section=Home&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=51844>(2) DOUTHITT, L. (2008, June 13). The Public Does Recognize What We Do. Ward Says. American Physical Therapy Association: PT 2008 Daily News. Retrieved July 1, 2009 from http://www.apta.org/AM/Template.cfm?Section=Annual_Conference1&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=49225 (3) American Physical Therapy Association. (2008, Dec 12). Physical Therapy Offers Evidence-Based Solution to Musculoskeletal Pain. Retrieved July 1, 2009 from <http://www.apta.org/AM/Template.cfm?Section=Media&CONTENTID=53473&TEMPLATE=/CM/ContentDisplay.cfm>

Our goal is to help you keep enjoying the things you need and love to do and to provide you with the knowledge to minimize the problem and maintain wellness. We are here to help! Call for a free posture screening.

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