



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at The Reschini Group



PHYSICAL THERAPY FOR GOOD HEALTH

Physical therapy (PT) promotes body strength, function, mobility, and the prevention of future injuries. This form of rehabilitation is helpful to those with bone and muscle impairments and injuries.

Benefits of PT

PT provides patients with the following benefits:

- More muscle strength
- Restored and increased range of motion
- Increased coordination
- Less pain
- Decreased muscle spasms
- Less swelling in the joints
- Prevention of limb deformities
- Fewer walking problems
- Lower stress

Types of PT

There are several variations of PT catering to specific conditions based on a patient's needs:

- Orthopedic PT
 - Conducted after surgery or other procedures in a hospital or outpatient clinic, on a daily or weekly basis.
 - Most common form of PT.
- Pediatric PT
 - Assists in the early detection of health problems (motor skills, cognitive functions, balance, etc.) in infants, young children, and adolescents.

- Geriatric PT
 - Therapy for older patients who need assistance with age-related impairments such as osteoporosis.
- Neurological PT
 - Designed to assist those with neurological disorders such as Alzheimer's, cerebral palsy, brain and spinal cord injuries, strokes, and Parkinson's disease.
- Heat PT
 - Utilizes heat treatments to relax and heal sore muscles.
- Speech Therapy
 - Helps to strengthen the facial muscles when patients (generally children) have difficulty speaking or eating.

Choosing a Therapist

If you suffer from one of the conditions listed, you may benefit from PT. Depending on your health insurance, your policy may require that you consult your primary care physician to receive a referral before insurance will cover the cost of seeing a physical therapist.

Keep in mind that the therapist you see should be a licensed physical therapist who is a member of the American Physical Therapy Association. These individuals are bound by a stringent code of ethics and must meet a specific level of care. The therapist should also be licensed by your state.