

## PRESS RELEASE

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### **Three Things You Might Not Know About Physical Therapy**

As the U.S. healthcare system continues to transform, it's important for patients to know their options and actively manage their own health and well-being. And a big part of that is knowing which healthcare professional is the best fit and why. When it comes to injury and illness, patients often don't know the many ways that physical therapists are trained to help relieve symptoms, improve function and prevent further disability.

- 1. PTs often specialize in certain clinical areas.** Similar to physicians, physical therapists can choose to specialize in certain areas and the options are vast. In fact, physical therapy's scope reaches well beyond the commonly known sports-related injury. Some of the many areas physical therapists may have experience, advanced training or certification in include cardiovascular and pulmonary conditions, pediatrics, geriatrics, women's health, oncology, wound management and neurology.
- 2. PTs practice in a variety of settings.** Beyond outpatient clinics—which can be part of a healthcare system or private practices—physical therapists work in hospitals, nursing homes, sports and fitness facilities, schools, work settings, home health agencies, rehab hospitals and in the home. PTs work in the settings that align with their background, training and experience to draw on specific skills such as teaching proper body mechanics on the job or transferring a patient from the bed to a chair in an acute setting.
- 3. PTs help patients prevent injuries.** Although physical therapists are widely known for helping patients regain strength and mobility following an injury or surgical procedure, the rehab professionals can also diagnose potential problems before they occur. With a thorough patient history and evaluation, PTs are experts in recognizing limitations, weaknesses and imbalances that could lead to series injuries or disabling conditions down the line.

Physical therapists are trained to help people of all ages with a range of conditions but what therapists specialize in may vary by practice setting or years of experience. With this knowledge, patients are better equipped to find the right therapist to treat their injuries or illnesses. No matter what setting physical therapists work in or what they specialize in, they share a common goal: To help patients recover from illness or injury and to maintain or regain safe, functional mobility.

**About the Private Practice Section of the American Physical Therapy Association**

Founded in 1956, the Private Practice Section of the American Physical Therapy Association champions the success of physical therapist-owned businesses. Our members are leaders and innovators in the health care system. The American Physical Therapy Association (APTA) represents more than 85,000 physical therapists, physical therapist assistants and students of physical therapy nationwide. For more information, please visit [www.ppsapta.org](http://www.ppsapta.org).

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