

## **PRESS RELEASE**

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### **Physical Therapists Provide Movement Checkups**

Your body is complex, with multiple systems. All of which have to be working well for it to function. Physical therapists are experts in maintaining, diagnosing, and treating the movement system. Like the braking or ignition system in a car, most people only think of the movement system when it's not working the way it should. Most people have a mechanic for when their car breaks down, and most people have regular maintenance performed on their car. Less common is having a physical therapist and having regular checkups of your movement system.

Similar to the systems in your car, problems with your movement system are much easier to treat if they're found early. This keeps small issues from becoming larger ones. For example, if you have a little bit of weakness, and balance that's not quite up to par, improving those early could prevent a sprained ankle, or a fall and a broken wrist.

An annual movement screen from your physical therapist can find small issues that you may not have noticed with your strength, balance, flexibility, or coordination. Many of these minor issues can be fixed with a few exercises at home, or with just a few visits.

### **What to Expect**

A screen of your movement system is quick and easy. Your annual visit may include:

- A history of your injuries, as well as a health history
- Assessment of your strength, balance, flexibility, etc.
- A review of your movement goals (do you want to run a marathon? Get on and off the floor easily playing with your grandkids?)
- A review and update of your exercise program

### **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).