

### **Why is physical therapy a good choice?**

A physical therapist can evaluate your condition and identify the source of your discomfort or dysfunction. Once evaluated, the therapist can develop a treatment program that will usually involve some form of manual therapy and exercise, as well as modalities if they are needed to treat the problem areas. You will also receive instruction in a home exercise program, as well as education on proper body mechanics and posture to prevent re-injury.

More than half of all Americans are suffering from pain. Whether it is a recent episode or chronic, an ABC News/Stanford study revealed that pain in America is a serious problem. However, many do not even know that physical therapists are well equipped to not only treat pain but also its source.

Physical therapists are experts at treating movement and neuro-musculoskeletal disorders. Pain often accompanies a movement disorder, and physical therapists can help correct the disorder and relieve the pain.