

# Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

## 5 Ways Physical Therapy Can Help!

Physical therapists work to preserve, enhance, or restore movement and physical function. Physical therapy may be necessary for those recovering after an illness, injury, surgery or chronic condition. It can help reduce pain and speed up the recovery process by improving mobility, strength and balance.

Here are some ways physical therapy may help you:

**Improve Mobility and Reduce Pain.** If you're having trouble standing, walking or moving — physical therapy can help. Therapists customize care plans that can restore muscle and joint function, reducing pain and improving mobility.

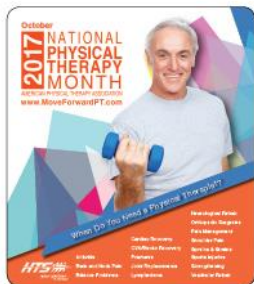
**Manage Diabetes and Vascular Conditions.** If you have diabetes, physical therapy can help you control your blood sugar through exercise. Diabetes may also cause a person to lose sensation in their feet and legs. Physical therapists can help you to regain sensation and prevent further problems.

**Improve Balance and Prevent Falls.** If you have fallen or are at high risk for falls, therapists will provide exercises that will help you improve coordination and problems stemming from the vestibular system.

**Manage Age-related Issues.** Osteoporosis and arthritis are common ailments for seniors. Physical therapists can help you recover from joint pain, joint replacements, and manage these conditions.

**Manage Heart and Lung Conditions.** After suffering a heart attack or having surgery you may need physical therapy to regain strength and daily function. If you suffer from a pulmonary condition, physical therapy can help improve breathing and clear fluid from the lungs.

Physical therapists work hard to help patients retain and regain their quality of life. Speak with your doctor to find out how a therapy treatment plan could benefit you!



### October is National Physical Therapy Month!

National Physical Therapy Month is designed to recognize the impact that physical therapists and physical therapist assistants make in restoring and improving motion in people's lives. Healthcare Therapy Services is proud to be a leading provider of therapy services throughout the Midwest.