

Physical Therapy -

The objectives of physical therapy (PT) are to help patients improve their physical function and quality of life. PT can help patients with a wide range of health conditions, including injuries, disabilities, and chronic illnesses. Some specific objectives of PT include:

- Pain relief: PT can help patients ease pain in specific muscle groups or structures.
- Improved movement: PT can help patients regain or improve their ability to move normally.
- Preventing disability: PT can help patients avoid surgery or prescription drugs, and prevent future problems.
- Rehabilitation: PT can help patients recover after an injury, stroke, accident, or surgery.
- Managing chronic conditions: PT can help patients manage chronic illnesses like diabetes, heart disease, or arthritis.
- Improving balance: PT can help patients work on balance to prevent slips or falls.
- Learning to use assistive devices: PT can help patients learn to use assistive devices like a walker or cane.

Physical therapists examine patients, develop treatment plans, and monitor and adjust those plans throughout treatment