

PHYSICAL THERAPY



FICTION

FACT

Physical therapy is just for athletes.



Physical therapy can be for everyone.

I can perform exercises on my own, and it's the same as physical therapy.



Our physical therapists provide you with an individualized program designed to address your concerns.

If your injury or pain hasn't resolved in a few months, then you might need physical therapy.



Early access to physical therapy may result in a better outcome for an injury. No matter where you are in your healing journey, physical therapy may still restore function, reduce pain and improve mobility.

Physical therapy is only needed post-surgery.



Physical therapy is beneficial at any stage of injury, not just after surgery. In some cases, it may help prevent the need for surgery.

I can only go to physical therapy when a doctor refers me.



With direct access to physical therapy, you can seek physical therapy without a referral at all SM&R locations.

I'm not sure physical therapy can really help me.



Benefits of Physical Therapy

- Our skilled physical therapists will provide you with a personalized plan of care to address your specific needs.
- The correct care plan may help maximize your mobility, restore function and effectively manage pain.
- In some cases, the correct care plan may decrease the need for unnecessary imaging, procedures, and/or surgery.