

Physical Therapy

Physical Therapists (PTs) help maximize mobility, manage pain, increase endurance, correct coordination, and improve strength needed to function and regain independence after injuries, surgeries, or illnesses. Physical therapists focus primarily on helping you heal through movement. Do you have trouble moving around your home or in the community? Let our physical therapists help!

Physical Therapists May Help You by...



Teaching you how to walk again, including how to go up and down stairs

PTs can help you learn how to walk safely and confidently again. Your physical therapists will help you learn how to position your legs and body, how to step safely, and they will provide support to keep you from falling. They will also use walking as a strategy to help strengthen your muscles and joints, improve your balance, and build up your endurance. If needed, physical therapists will also teach you how to use devices such as a walker or a cane to improve your safety as you walk around your home.



Teaching Exercises

PTs choose exercises that help reduce muscle imbalances, decrease pain, and improve stability.



Functional Training

PTs can use various exercises and activities to help you regain the strength and stability needed to get out of bed, stand up from a chair, pick up and carry objects, and reach overhead. They help make sure your muscles have the strength and stability needed to safely move around as you complete your daily routine.



Manual therapy

PTs can use hands-on manual therapy techniques, such as joint mobilization or manual traction, to help reduce joint stiffness and pain.



Teaching you how to balance and coordinate movements

PTs can teach you how to not fall when walking on slippery surfaces, narrow passageways, or when you have to step over obstacles such as rocks or curbs. They can help you learn how to recover whenever you lose your balance. Balance training can help you confidently walk outside and engage in meaningful hobbies.



Listening to You!

It is important for your PT to know what matters to you and what your goals are. We are here to help you! If any concerns come up, let your PT know.