



National Physical Therapy Month

Clearwater, FL- October 4, 2021- October is National Physical Therapy Month, an opportunity to raise awareness of the benefits of physical therapy. Physical therapy is not just for injury recovery. Physical therapy can improve mobility, manage pain and other chronic conditions, and can be beneficial to prevent future injury and even chronic diseases.

Physical therapy is mainly known for its ability to treat orthopedic patients, high-level athletes, and geriatric patients. Physical therapists are movement specialists, trained to recognize areas in the body causing pain or dysfunction, and providing ways to restore and maintain function without the use of potentially harmful and addictive medication.

According to the APTA (American Physical Therapy Association), physical therapy is “the safer way to manage pain.” A Physical therapist’s primary goal is to help you feel your best by improving your mobility and overall function, allowing you to get back to living a healthier, more active lifestyle. Physical therapy can be beneficial in treating a wide range of conditions, including:

Preventative Care: Do you have pain and dysfunction? Your physical therapist will examine you and develop a treatment plan to help you manage the pain and/or dysfunction. They can show you warning signs of potential future issues and any weaknesses present that could cause pain in the future.

Balance Issues: Do you feel unsteady on your feet and noticed your balance isn’t quite what it used to be? Physical therapists can work with you to correct any balance deficits you may have to help you regain the strength in your legs to feel safer and steadier on your feet.

Specific Sport care: A physical therapist can evaluate specific sports movements to analyze what you may be doing wrong. For example, evaluating your golf swing, your running mechanics, or how you throw a baseball. Your physical therapist can determine what areas you may need to strengthen, stretch, or mobilize in order to fix any mechanical issues identified.

To learn more about the benefits of physical therapy and our Physical therapy department at Orthopaedic Associates of West Florida, visit our website at <https://www.orthowestfl.com/physical-therapy/>. Or give our office a call at (727) 461-6026 to schedule a consultation with one of our highly trained physicians.

About Orthopaedic Associates of West Florida: With over three decades of established group experience, Orthopaedic Associates of West Florida and their Board-Certified physicians specialize in every area of adolescent and adult Orthopaedic services. OAWF merges state-of-the-art technology, unsurpassed physician skills, and a patient friendly atmosphere to provide a superior experience for all patients.

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