

# Golden Topics

Presented by the experts at Wexner Heritage Village



## Physical Therapy can be Key to Recovery

October is Physical Therapy Month with the theme of "Get Fit For Life!" Many individuals will receive physical therapy during their lifetime whether it's due to an injury, a stroke, or to control or improve a lifelong condition or disability.

Physical therapy is often prescribed by doctors with the goal of restoring a patient to his or her original functioning abilities. If this is not possible, physical therapy can also relieve pain, prevent deterioration and teach patients ways to compensate for their lost abilities.

Physical therapy is all about exercise! Therapists do not perform some magic to make you better, they teach you how to make yourself better through conditioning the right muscles, improving balance and increasing the range of motion in joints.

Depending on the condition you are trying to improve, your physical therapy session may include working on exercise equipment and learning correct ways to use

Physical therapy at a glance:

- *Physical therapists obtain master's level degrees. Physical therapist assistants complete an associate's degree. Both must be certified by the state to practice.*
- *Physical therapy can help improve disabilities and symptoms resulting from strokes, arthritis, falls, sports injuries, surgeries, stress and much more*
- *Physical therapy is often given in hospitals, medical centers and long-term care facilities, but can also be found in private offices. Home-based therapy is also available.*

*Source: American Physical Therapy Association*

your muscles. You may practice walking over different surfaces, sitting and standing safely and keeping balance while carrying or reaching for items.

Physical therapists do not use drugs, but rather rely on heat, ice, water, electric devices and assistive devices such as belts and lifts. Using specified techniques, a person must practice and exercise over time in order to improve.

If you are prescribed physical therapy, there are

some keys to success to keep in mind. Cooperate with the instruction that you are given. Be open to learning new ways to perform tasks. Most importantly practice and continue with any prescribed exercises at home!

*Contributing to this article: Marianne Oliver is a licensed physical therapist with over 30 years of experience in clinical practice. She specializes in treating the elderly and working in long-term care settings.*



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