

Physical Therapists: Providing Relief From Pain

(NAPSA)—There is good news for those who live with pain or struggle with mobility. There is a medical profession dedicated to providing them with relief—physical therapy.

From treating a sprain to helping someone recover from a stroke, physical therapists are trained and committed to helping people improve their quality of life.

Extensive Education

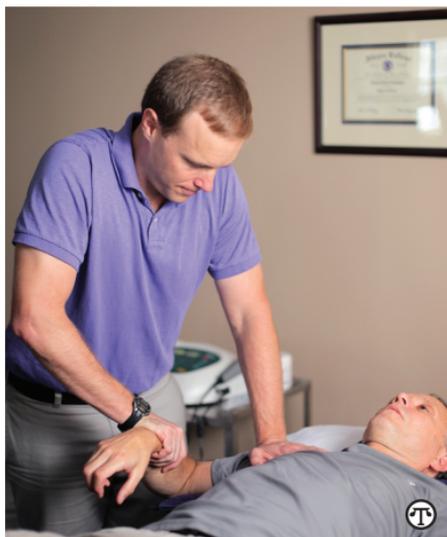
Many are unaware that physical therapists are required to complete extensive graduate studies that lead to a Doctor of Physical Therapy (DPT) degree. This program is comprised of three to four years of postbaccalaureate study in basic and applied science, clinical science, social science and research methods. It also involves a rigorous clinical internship.

In addition, many physical therapists pursue even more education and training by participating in a physical therapy residency or fellowship program for an additional nine to 36 months. Further, physical therapists must be licensed by the state in which they practice, as well as take continuing education courses throughout the course of their careers.

Generalists And Specialists

Like other medical professionals, some physical therapists are generalists while others specialize in treating specific areas of the body—the back, neck or knee—or concentrate their practice to certain types of conditions, such as sports injuries, stroke, pediatrics or women's issues.

Physical therapists may also choose to be certified by the American Board of Physical Therapy Specialties in one or more of these eight specialty areas: orthopedics, sports, geriatrics, pediatrics, cardiopulmonary, neurology, clinical electrophysiology and women's health.



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A Variety Of Settings

These medical professionals provide care in a wide variety of settings: hospitals, private offices and clinics, schools, rehab centers, and even at home if the person is homebound.

Physical therapy is covered by most commercial and government health insurance plans, including Medicare. In addition, all 50 states and the District of Columbia now allow direct access to physical therapy, which means you don't need a referral from your physician to be evaluated and treated by a physical therapist.

So the next time your lower back gives you pause when you bend down to pick up the Sunday paper, or pain is keeping you off the golf course or tennis court, or you're just not moving the way you want to, make an appointment with a physical therapist, the medical expert in motion and mobility.

To learn more or find a physical therapist, visit the website www.moveforwardny.com.



Note to Editors: October Is National Physical Therapy Month.