



Physical Therapy...Not Just For Injuries

When most people hear or think about Physical Therapy, they think about recovery from an injury, surgery or other major health problem. In many cases this *is* when Physical Therapy is recommended by an MD. Fewer people think about accessing physical therapy to help with overall wellness, improved performance and the ability to have a high quality of life. Physical Therapist *are* the experts in motion and you don't have to wait to be injured to see one.

For starters, did you know that you **DON'T** need to see a doctor to be referred to Physical Therapy? We are "direct access" providers, so you don't have to wait to come see us. Some insurances may require that your primary care MD provide a referral for the services to be covered, but if your plan does not require a referral, we can be your first stop!

What can Physical Therapy help you with if you don't have an injury or you are not recovering from a surgery? Think about how you feel with things in your normal life. Do you find that you avoid activities because of stiffness, weakness, or lack of energy? Do you find that you can't lift as much as you used to, can't run as fast or as far, or you can't jump as high? Are you not able to walk as far? Do you avoid stairs or curbs? Is your balance not what it used to be? Do you have pain if you sit too long or stand too long? Did you used to go the gym or exercise regularly but stopped because you kept getting soreness and just weren't sure what to do?

In general, all of these "conditions" can be addressed by Physical Therapy as they all lead to impaired function in your normal daily activities. Sure, you can try to get to a gym, or "google" some tips on health or fitness and try to figure it out on your, or, you

could come see an expert on mobility and strength and get back to all the things you want to do at the level you want to do them at.

At [Blue Hills Sports & Spine Rehabilitation](#), we have been getting people back to their best ability for years. We always start with a full functional evaluation where we assess your mobility, your flexibility, your strength and then discuss how any limitations are effecting you in your regular daily activities.

Once we have compiled all the data, our experts create a custom program to help you address any deficits. Sometimes that is all you need: A custom evaluation and program design, and you are off on your own to fix your problems. Other people may need a few sessions of guided stretching and exercise to help them on their way. In either case, Physical Therapy is the best place to start.

If you or someone you know has been limiting their life because of small aches and pains, weakness, lack of flexibility, balance or muscle endurance, don't hesitate to either ask your MD for a referral to Physical Therapy, or, just come on in (if your insurance plan lets you!). Don't wait for an injury to get the benefits of a good Physical Therapy program...let us help you prevent those injuries.

We regularly help thousands of people every year improve their lives. To make an appointment with one of our experts contact any of our offices and come see us right away. It might just change your life.