



## **Physical Therapy Should be as Routine as an Oil Change**

Summer is here and that means everyone from the elite runner to the weekend hiker will be out and about trying to shake off the winter blues. As you increase your activity level, you may find that you aren't as physically capable as you once were, or maybe you have been ignoring a nagging pain for far too long or perhaps there's a longer race distance looming on the horizon. Whatever the reason, just as a regular oil change promises to keep your car running at its peak performance, an evaluation by a physical therapist may be just what you need to rev up your own engine and get back on the road safely.

A recent health segment that aired on [The Today Show](#), featuring sports medicine physician Dr. Jordan Metzl and a team of physical therapists from the Hospital for Special Surgery, shared tips for staying healthy as we enjoy a number of summer activities from bike riding and running to kayaking and swimming. Under the supervision of a physical therapist, you can learn exercises that will strengthen muscles and prevent injuries and will be given tools to ease pain and recover faster. Physical therapists are trained to take care of the entire kinetic chain, that is, all of your muscles from head to toe.

When you take your car in for an oil change, the mechanic changes the oil, replaces the oil filter and inspects your tires, air conditioning, battery and more. You'll likely head home with a list of future needs such as rotating the tires or changing the air filter and your car will be good to go for the next 3,000 to 5,000 miles. Similarly, a physical therapist is trained to evaluate your strength, body mechanics, posture and mobility, and to set reasonable goals for your recovery or fitness aspirations. By gathering a thorough assessment of your strengths and limitations, the physical therapist will devise a therapy plan that includes a home exercise and maintenance component.

Just like a car, the human body thrives on a tune up from time to time. People may not be born with maintenance and performance manuals, but we ought to follow the advice and guidelines of trusted medical sources.

At Blue Hills Sports & Spine Rehabilitation, our team of Physical Therapists and Physical Therapy Assistants have been educated and trained in the movement and function of the human body. We help patients reduce pain, restore function, prevent disability and

improve workout performance. Contrary to popular belief, waiting to get a Physical Therapy evaluation until you have been injured isn't always the best plan. Seeing our specialists on a regular, annual basis can help you prevent injuries and limitations in your life. Who's better to teach you exercises that prevent injuries and help you participate more fully in daily activities than experts trained in movement and function of the human body?

Just like oil changes are only one piece of a car's maintenance schedule, physical therapy is part of an overall focus on health and wellness. According to recent research, lifestyle changes such as increased physical activity can have a significant impact on health. For example, being physically active can improve the health of patients with chronic diseases and lead to a better quality of life.

A car is an investment, one that needs to be protected by changing its fluids and otherwise making sure it performs well on the road. Going to physical therapy is one way to protect your biggest investment: Your health. Actively protecting your health improves your chances of living a long, active and productive life, so it's time to start treating your body better than you treat your car.

Make an appointment to come see one of our team...it may just change your life.

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