

## **Why Physical Therapy?**

I hit on this topic a little in a recent post and wanted to revisit it again because it is question that I know many have but are too afraid to ask. It is an easy topic to address, but somehow it holds people/athletes back from using a qualified and experienced P.T to help in getting them back on the field at 100%.

I think there are a few reasons that many do not seek out physical therapist;

- “It does not hurt that bad”.
- “They are going to hurt me or make it worse”.
- “I am going to miss out on playing and practice time/recreation and exercise time”.
- “It cost a lot of money”.

These are all valid concerns. No doubt. However, if the therapist is listening and observing, evaluating and assessing and if they can explain the issue clearly, most of these concerns can be pushed to the side. Therapist are there to help regain, improve and function and movement first and foremost. Pain is a symptom of dysfunction and therefore if the therapist you are working with is not evaluating, treating and evaluating again then maybe it is time to find another therapist. It should not “hurt” to go through therapy. Now, I am not going to sit here and say that some things that a physical therapist will do won’t be uncomfortable, but it should never cause pain that does go away within a reasonable amount of time or can’t explained based on normal physiological responses and it should never make the dysfunction worse.

Missing practice/playing time or some recreation/exercise may be normal for the diagnosis that you are being treated for, but experience and creativity can allow a patient some flexibility in their activity level while still treating the problem appropriately. The key here is modification of activity level or type so that normal function and movement can occur while still keeping your eye on the problem at hand.

Finally, let’s talk about the big gorilla in the room; cost. Yes, physical therapy does cost money. And yes, it can be expensive. However, I want you to think of it in this way. We spend all kinds of money on shoes and cleats and fancy jeans, but question the cost of quality experienced health care? It definitely should be the other way around. You do get what you pay for, but you will notice that I have used “qualified, experienced” and now am going to throw in there specialized/certified. It is important that the physical therapist you choose has all those qualities and more and if they do and if they are setting a plan in motion that addresses dysfunction and movement and they listen, evaluate, treat and evaluate again, then your money should be well spent. Contact us today and we can help.

