

The Importance of Rehab/Physical Therapy

There seems to be some confusion as to what rehabilitation/physical therapy is and how it can help. I think this comes from the fact that normally we look at rehab or physical therapy as boring or cumbersome and that “doesn’t work”. Well, let me be the first physical therapist and sports performance coach to apologize, because this is not how it should be.

Rehab should be comprehensive with you as the patient in mind. It should include you and place your goals (timeline and all) at the forefront of whatever process comes next. It should include, rather start with a thorough evaluation that has at its center a focus on function and movement (negatives and positives). I can’t tell you how many of my clients come from other therapy clinics and say that “their physical therapist didn’t do an evaluation” ... and that is not good.

Pain is a symptom of dysfunction and dysfunction is where the focus should be. Movement/mobility gains, strength, improvement in speed or power will all improve if dysfunction is addressed appropriately and aggressively.

All the bells and fancy whistles (new equipment and latest craze) won’t hide a therapist’s failures if they fail or are unable to evaluate, connect, plan, process, advance and evaluate again. Let us know how we can help and setup and appointment today.

