



What exactly is Physical Therapy?

I hear this question all too often. As a physical therapist and sports performance specialist, I wonder where the impression that many people get that we only work with “older” clients and “I have heard that it hurts” or the one that stings the most is “It didn’t help me when I went to XYZ therapy”.

Well, let us put these statements to rest. First of a physical therapist is a highly educated, continuously educated licensed medical specialist that is in the business of treating dysfunction of mobility and system dysfunction of the human body. We go through at least 6 years of study with many of us completing with a Masters or Doctorate degree. We have to pass a licensing exam for the state we practice in and must maintain continuous education to maintain our licenses. It is not an easy process and should not be. For those of us engrossed in the sports arena of care, we take numerous courses over years to be specialist in what we do.

Although we do work with all age groups of clientele, not all of us “only treat old people”. In fact, those of working in sports physical therapy and sports performance primarily work with younger clients. It is the job of all physical therapists to adjust and adapt to the chronological and activity/athletic age of our clients to treat them the best way we can. What most don’t know, is that we focus on dysfunction. This may come in many shapes, styles and sizes. Dysfunction may present itself as pain or may look like immobility. It may disguise itself as inability, when in reality it is weakness or poor technique. However, if it is seen through the eyes of “anatomical” dysfunction, it can be addressed and treated with great success.

Finally, I want to apologize to those of you who have sought out physical therapy and “It did not work” or “it hurt and actually made it worse”. This shouldn’t happen. If the problem is examined through the lens of movement dysfunction and evaluated, treated and evaluated again with the ultimate goal to improve the dysfunction, then in most cases the pain, stiffness or functional limitation should improve. Find a therapist that has worked hard to stay up to date on the latest in scientific, evidenced based processes and that has experience in dealing with “athletes” of all levels and you should experience the positive gains you are looking for in getting you back to 100%. Contact us today, we can help.

