

Physical Therapy: Providing Care Beyond Rehabilitation

Most individuals think physical therapy is about helping a patient recover from a broken bone or injury. However, physical therapists (PTs) can also prevent injuries from happening in the first place.

While physical therapy can certainly help individuals who've been in accidents, gotten injured, or struggle with chronic health conditions, many in the field believe PTs can improve the overall health of their patients. One way they can do this is by performing check-ups on patients like how a PCP may conduct a physical examination. PT exams could include checking how active a person is, how much sleep they are getting, their diet, the way a person walks, and more. Early evaluations for children can help determine suitable sports they can play, potentially preventing future issues. VP of Regional Patient Care Services and Current APTA president Roger Herr echoes this sentiment.

"Physical therapists can fit into all parts of the spectrum," Roger says. "It can be for the young, emerging athletes or high-end athletes, or someone who wants to age well and be as functional and independent as possible."

One of the biggest ways Physical Therapy can help others, especially older adults is through fall prevention. [Falls are the leading cause of injury for older adults aged 65 and older](#) and PTs can alleviate these costly and preventable cases. For

example, VNS Health PTs evaluate eligible patients in the [Falls Prevention program](#) and support those who are at high risk of falling through personalized treatment plans. These plans include improving overall strength and balance, changes to an individual's home environment, clothing/shoe recommendations, and more.

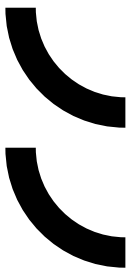
"You want to show people they can get back up if they fall," Roger says. "And once they know they can do it, it gives them confidence and it can help reduce the fear of falling. One of the risks of falling is that people don't do anything, so you don't move and therefore you become more out of shape and not as functional."

From fall prevention to body strengthening, PTs can provide much more comprehensive care beyond rehabilitation.

Read the full U.S News and World Report article [here](#).

See how our physical therapists can help prevent falls in the home

Physical Therapy Services



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