Choose more movement.

Choose better health.

Choose physical therapy.

ChoosePT
Provided by APTA
Physical therapists (PTs) are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education. PTs treat people of all ages and abilities and empower them to actively take part in their own care. To ensure the best possible care, PTs often work with other members of a health care team. After an evaluation, PTs create treatment plans for a patient’s specific needs and goals. You can contact a PT directly for an evaluation.

PTs help you:
• Improve mobility and function
• Manage pain and chronic conditions
• Avoid surgery
• Reduce the use of opioids and other prescription drugs
• Recover from injury
• Prevent future injury and chronic disease

Some PTs choose to specialize in a specific practice area:
• Cardiovascular and pulmonary
• Clinical electrophysiology
• Geriatrics
• Neurology
• Oncology
• Orthopedics
• Pediatrics
• Sports
• Women’s health

To find more information and a physical therapist in your area, visit ChoosePT.com.