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Benefits of Physical Therapy

Strokes, sprained ankles, broken bones, and amputations, the list goes on and on. There are hundreds of injuries, like the few listed, that physical therapists are able to help patients recover from (Sears). Practically everyone has been directly impacted by the work of a physical therapists at one point in their life, whether it be recovering from an injury in sports or a cancer removing surgery therapists work to get their patients back to a healthier state. Because of the distinctiveness of their job physical therapists play a crucial role in a patient's life that doctors; nurses, and other medical professionals are unable to. Physical therapy is an incredible field, it's uniqueness and many branches allow it to be versatile and cover many bases of need, it requires years of schooling and training, because of these things therapists are able to make a significant impact on their patients lives both physically and emotionally and develop strong and lasting relationships with them.

According to the American Physical Therapy Association, physical therapists, commonly referred to as PT's are
"highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore
mobility - in many cases without expensive surgery and often reducing the need for long-term use of prescription
medications and their side effects" (Sears). Therapists work with people who have been injured in car accidents,
sports, surgeries and more, they work to improve their state of life and restore a patient's abilities to do perform
both day to day tasks as well as special things like kick a soccer ball or run a marathon. Therapists are currently
in very high demand and the number of therapists needed is expected to rise for several more years. ("Physical
Therapy")) Unlike most medical professionals PT's are able to work with a patient one on one for an extended
period of time, insuring that they are giving the best care possible and working on each and every patients
specific needs (Schwagerl).

Specialize in and begin

There are several different aspects of physical therapy and each one serves its own unique role and has its own function. When completing their education physical therapists decide what they want to specialize in and begin to take specific classes and do internships that give them the knowledge needed to become an expert in their type of therapy. Some types of therapies that one can choose are orthopedic, geriatric, neurological, cardiovascular and many more. Therapists are found in a variety of places. They are able to work in outpatient offices, private practices, hospitals, rehab centers, nursing homes, and more. (Sears). Because of these many different options physical therapists are able to work and connect with people from most any background and situation. Therapists pick their specialty based on what they feel they are best at and based on where they feel they can make the most sign

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