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Cp physical therapy

Pain expert Dr. Scott Fishman answers questions about back pain:Q: How does physical therapy relieve chronic back pain?A: There is no easy answer to this question because there is no single type of physical therapy (PT). While some studies indicate that PT is not a miracle cure for acute low back pain, it can offer a world of benefits for those with chronic back pain. It also can prevent problems before they arise. Overall, PT seeks to increase function and improve quality of life for someone with back pain.Rather than promising yet another "cure" that may fail, PT for chronic low back pain teaches patients how to manage their own pain. It offers ways to cope with pain, as well as techniques for patients to minimize the impact of pain on their lives. I believe that patients do best when they take control of their own condition and avoid over-focusing on a possible miracle cure or medical salvation.One of the biggest obstacles to normal activity is disorganization. The lives of pain patients may become lost and unstructured. As a result, they don't pace themselves, either overdoing it when they feel good or becoming inert when they hurt. Their pain sidelines jobs, daily routines, social lives and hobbies. Thus, the centerpiece of PT is a program and schedule for managing pain while gradually returning to an active life.Increasing function and improving quality of life through movement is the heart of PT. In the past, PT was seen as a side dish on the menu of pain treatments. Today, it is often the main entree. A physical therapist first will assess a patient's back pain and give a hands-on examination, looking for how pain has altered the person's gait, posture, sitting tolerance, flexibility, and muscle strength.The therapist will get a good perspective on how the pain has affected overall health, attitude, and the patient's daily routine (such as the ability to carry groceries, walk, or do light housekeeping). This assessment provides a baseline from which the therapist can judge a patient's progress and control over his or her pain.The therapist and patient together map out a program of activities designed to address each of the impairments caused by pain. These activities may include sitting with improved posture for a specified period of time each day and gradually increasing this time.They may include icing the back a number of times during the day, walking a couple of times a day, and completing a series of hip flexion and pelvic exercises. A therapist may use traction to help improve low back motion, particularly when there are signs of disc degeneration. Traction is not necessarily a pain remedy or treatment but a way to ease back stress and enable a person to move more freely.The best sign of the success of PT is a noticeable improvement in a patient's daily activities and the ability to reclaim a normal routine. Quick gains are not useful unless they persist. The key is to increase and improve activities gradually, so that there is not further damage and long-term success is achieved. Our physical therapists work closely with our physicians and see a range of musculoskeletal injuries and disorders. Together, our team of experts creates a customized plan to help patients achieve the highest level of function and offers one-on-one care. They utilize cutting-edge technologies, including the AlterG treadmill, Shockwave, 2-D video analysis, and HydroWorx underwater treadmill to aid in overall patient care and recovery*. Additionally, our physical therapists collaborate with our performance team to provide movement analysis and sports-specific assessments. *Equipment may vary per location; contact site for further details A physical therapist can improve the quality of life for patients. Knowledge of the human body and movement techniques enables a physical therapist to assist patients in managing pain and recovering from illness or injury. The U.S. Bureau of Labor Statistics projects that there will be 77,400 new jobs for physical therapists during the decade from 2010 to 2020. By studying physical therapy, you can learn the skills necessary to help patients with rehabilitation, and can potentially earn a six-figure income. According to the U.S. Bureau of Labor Statistics, the median annual salary of physical therapists in May 2011 was \$78,270. Those with wages in the lowest 10 percent earned up to \$54,710, but those with wages in the highest 10 percent earned more than \$110,670. To qualify for a licensing exam and begin practicing as a physical therapist, candidates must pursue a postgraduate education. It's best to seek a master's or doctorate degree that is accredited by the Commission on Accreditation in Physical Therapy Education. From 2011 to 2012, there were over 25,000 students enrolled in the nation's 211 accredited programs. Another option is to work in this field by joining over 10,000 students in the nation's 293 physical therapy assistant programs. Accredited physical therapist programs offer degrees at the master's and doctorate level. There are only five accredited programs that culminate in a master's degree, located in California and Puerto Rico, as of July 2012. The remaining accredited programs for graduate students culminate in a doctorate degree. If you decide to get a doctorate, you can choose between a program for entry-level candidates and a program for students who already hold a master's degree in physical therapy. The latter programs may be offered entirely online. There are also bridge programs for physical therapy assistants who want to become physical therapists. Graduate studies in physical therapy consist of course content in the life sciences, health sciences and clinical practice. Course topics might include anatomy, physiology, pathology, orthopedics, human growth and development, neurology, radiology, neuroscience, and physiotherapy. Clinical rotations and research help round out a candidate's preparation for professional practice. A physical therapist needs clinical skills to help patients, including collecting a patient's medical information for diagnosis and treatment, explaining therapies in a treatment plan, and assisting patients with individualized rehabilitation programs. This profession is physically demanding. A therapist must move patients, demonstrate exercises, and participate in physical conditioning, helping to motivate patients to complete their therapy goals. Physical therapists can expand their earning potential by opening a practice alone or with other therapists. To grow a practice even more, you can add physical therapy assistants, and alternative care professionals such as massage therapists and acupuncturists. Physical therapy is an individualized program of gentle stretching and exercises that are used in rehabilitating an existing injury and preventing a future injury. Through consultation with a physical therapist, the participating patient will work to restore strength and flexibility in muscles surrounding the injury site in hopes of reducing the degree of limitation and restoring functionality. Related Definitions Other Specialty Areas Physical therapy is a key component in many rehabilitation programs. Learn more about the role physical therapists play in: Physical therapy (PT) is an important and effective way to deal with one of the primary symptoms of lupus: joint pain and arthritis. If you suffer from systemic lupus erythematosus (SLE), you may work with a physical therapist to help restore your physical function, improve your mobility, relieve your pain, and prevent or limit any permanent physical disability. Trevor Adeline / Caiaimage / Getty Images The overall goal of your physical therapy will be to restore, maintain and promote your musculoskeletal fitness and health. Physical therapy should reduce your pain and inflammation, help you feel less stiff and keep you mobile. After examining your medical history, the physical therapist will test your: strength range of motion balance and coordination posture muscle performance respiration motor function Based on these tests, the therapist will develop a customized treatment plan to help you overcome physical obstacles from the disease. Physical therapy treatment for lupus often includes exercise to increase flexibility and range of motion. As you continue with your therapy, more advanced exercises will also focus on improving: strength balance coordination endurance Some of your physical therapy may take place in a pool. The water is a great place to exercise inflamed joints because it's buoyant and soothing. Your physical therapist can also help you learn how to best use a cane or a walker if they are needed. Some of the exercises you do in physical therapy might be aerobic, especially if your lupus is relatively mild. People with lupus tend to exercise less and have lower endurance than people who do not have the health condition. Aerobic exercise has been shown to help people with mild lupus improve aerobic capacity and feel less fatigued. It may also help to improve blood vessel function. If you have pain after your physical therapy session that lasts more than 1 to 1.5 hours, talk to your physical therapist. He or she should adjust your exercises to make them less intense and/or shorter in duration. Electrical stimulation, hot packs or cold compresses and ultrasound may be used to relieve pain and reduce swelling. Massage therapy can relieve pain and improve circulation and flexibility. Most licensed physical therapists have a doctorate degree, though some may just have a master's degree from an accredited physical therapy program. Physical therapists study biology, chemistry, and physics, as well as biomechanics, neuroanatomy, human growth and development, manifestations of disease, examination techniques, and therapeutic procedures. Thanks for your feedback! What are your concerns? DNY59 / Getty Images Outpatient PT clinics should be following guidelines from the American Physical Therapy Association to safely facilitate in-person visits during COVID-19. You can expect a mask requirement, increased disinfection of equipment, and fewer patients being treated at one time during COVID-19. If you are injured and need to participate in rehab, you may be eager to resume physical therapy in-person. Is it safe to go to an outpatient PT clinic at this stage of the coronavirus (COVID-19) pandemic? It depends on whether or not the office you plan to visit has made certain operational changes. During outpatient physical therapy, a PT will likely have to get close to you to examine you and help you move better. That means touching you, coming into your personal space, and possibly increasing the likelihood of exposure to each other's respiratory particles. Here's how PT clinics are working to prevent this kind of COVID-19 transmission. In May, the American Physical Therapy Association (APTA) published guidelines for outpatient PT clinics to follow while offering in-person visits during the COVID-19 pandemic. These guidelines describe several components of a safe PT appointment. When you call to make your first appointment for outpatient PT, the receptionist may interview you over the phone to ensure that you have had minimal chance of COVID-19 exposure. Questions may include: Have you left the country during the previous 14 days? Have you traveled from your immediate area recently? Have you been exposed to any person with a known diagnosis of COVID-19? Do you have a dry cough, difficulty breathing, or body aches? Are you experiencing a sudden and recent loss of taste or smell? Are you feeling generally unwell? Answering "yes" to any of these questions may cause the receptionist or PT to discourage you from attending PT at the clinic. You may be asked these questions when you arrive for each and every appointment to the outpatient PT clinic. When entering the outpatient clinic, you should notice signage that indicates the clinic takes the threat of COVID-19 seriously. Signs should tell visitors and patients to wear face coverings, and there should be signs and indicators about social distancing. A lack of information or signs about COVID-19 may indicate that this particular clinic is not closely following protocols for minimizing COVID-19 risk. When you arrive at the PT clinic, a therapist or assistant may take your temperature. Any sign of an elevated temperature may mean illness, and you may be asked to exit the clinic and self-quarantine. Don't be surprised to find that all physical therapists, assistants, and employees are wearing masks or face coverings in the PT clinic. This helps to decrease the amount of respiratory droplets from exiting one person's mouth or nose and possibly infecting you or others around you. You likely will also be asked to wear a mask during your PT sessions. It may be uncomfortable wearing a mask while exercising and moving around, but the goal of minimizing unwanted exposure should be more important than some mild and temporary discomfort. Chairs in the waiting area should be spaced six feet apart. Markings on the floor in front of reception and check-out desks can help patients and visitors remain spaced apart if a line starts to form. Some clinics may even have you wait in your car or outside the clinic until your appointment time. Don't be surprised if your PT is running a little late for your appointments. Most PT clinics have upped the ante when it comes to cleaning and disinfecting equipment. Your PT clinic should be following Centers for Disease Control (CDC) protocols for cleaning equipment. Every surface and piece of equipment should be cleaned and disinfected after each visit. To keep equipment as clean as possible, you may also be asked to wash your hands before your appointment. Many busy outpatient PT clinics are changing their schedules to facilitate social distancing. Some clinics are extending their treatment hours and limiting the number of patients that can be seen at one time. They may also be staggering schedules of their therapists to spread out patients and prevent crowding. Every employee of the PT clinic should have their temperature checked when arriving for work, and specific protocols for isolation should be in place if someone shows symptoms of COVID-19. Any employee who has any illness should be quarantined immediately and sent to their physician for a COVID-19 test. One way to minimize disease spread is to ensure that all employees of the outpatient clinic are screened daily. This means daily interviews about symptoms and temperature checks before starting each shift in the clinic. A telehealth PT visit is an option if hands-on treatment is not absolutely necessary for your condition. Physical therapists are considered essential workers. They help people move better and feel better after injury or illness. Most often, the work that outpatient physical therapists do is not considered life or death, but it does improve quality of life. If you are injured and need to work with a PT in an outpatient clinic, you should understand the protocols in place. By ensuring your PT is keeping you safe from COVID-19, you can focus your energy on returning to your optimal level of function and activity. The information in this article is current as of the date listed, which means newer information may be available when you read this. For the most recent updates on COVID-19, visit our coronavirus news page. Thanks for your feedback! What are your concerns?

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