

2018 NATIONAL PHYSICAL THERAPY MONTH

AMERICAN PHYSICAL THERAPY ASSOCIATION



The leaves are turning, it's officially Fall, and we're ready to celebrate!

Patient Appreciation Month

The month of October is designated as National Physical Therapy Month, an annual opportunity to recognize the efforts of the physical therapy profession to promote health and wellness in their communities by restoring function and optimizing movement.

But this month isn't just about us. If you're reading this, that means that at some point you chose physical therapy, and we want to thank you for choosing us! That's why, in addition to celebrating National Physical Therapy Month, we want to celebrate our patients.

If you or someone you know has been thinking about trying physical therapy, now is the best time to invest in your health. We're offering **FREE Pain Screenings** throughout the month of October, where you'll be able to sit down with one of our physical therapists and find out if we can help you! Everyone who comes in will be entered to win a basket of our favorite products, including **a one year membership to our Wellness Program.**

If you've benefited from physical therapy and know someone who might benefit too, share your story! Testimonials, like this one from one of our patients, are a great way to let people know that there are healthier, safer, and more rewarding paths to manage pain.

Share this newsletter with them or cut out the **FREE Screen offer we've included on the back** and give them the gift of better health.

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I HAVE ALWAYS ACHIEVED MY
GOALS EACH TIME I'VE GONE TO
PEARSON PHYSICAL THERAPY.

**DON'T WAIT TO GET
HELP. GET BETTER!**

THEY WORK WITH YOU TO CREATE A
TREATMENT PLAN TO MEET YOUR
THERAPY NEEDS.

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Physical Therapy vs. Prescription Medication

Each year, the American Physical Therapy Association (APTA) focuses their efforts on an important topic they believe could be benefited through physical therapy. Last year the APTA chose the opioid epidemic as their focus and set out to provide an alternative for prescription pain medication: physical therapy.

Opioids are usually prescribed after an injury, and when dosed properly are an appropriate part of medical treatment. However, opioid use poses significant risks that include depression, addiction, and withdrawal symptoms when discontinuing use. The goal of physical therapy is to decrease your pain through movement and hands-on therapy, reducing your reliance on painkillers.



This year, the APTA has decided to renew their focus on the opioid crisis, labeling the campaign #ChoosePT in an effort to increase awareness of the dangers that prescription painkillers pose.

No one wants to live in pain, but no one should put their health at risk in an effort to be pain-free. Pain-free movement is crucial to your quality of life, your ability to earn a living, and your independence. Physical therapy is a great way to decrease your pain **naturally**.

Can Physical Therapy Help Me?

Physical therapy is tailored to meet the individual needs of **each patient**. Whether you are trying to return to work after an injury, are having trouble performing daily activities, or are just picking up a new hobby but experiencing pain, our physical therapists can get you moving and enjoying life again. We focus on restoring function, reducing pain, and preventing injury.

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A FREE SCREENING JUST FOR YOU!

I was so pleased with the treatment I received at Pearson Physical Therapy that I would like you to have a FREE pain screening, which includes:

- a short assessment of one area that is causing you pain
- recommendations for treatment

Please call Pearson
Physical Therapy to set up
your FREE Screening:

(308) 872-5800

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