BENEFITS of Physical Therapy

As evidence-based health care professionals, physical therapists are experts in mobility and physical performance.

- Improves coordination, BALANCE and muscle strength
- **IMPROVES** your breathing, cardiovascular functioning and endurance
- Promotes wound healing
- **RESTORES NORMAL MOVEMENT** for standing, walking and running
- Augments **EFFECTIVE RECOVERY** from surgery, major illnesses or disabilities
- Provides an **ALTERNATIVE TO SURGERY** and prescription drugs
- **PREVENTS** Injuries
- **OPTIMIZES** physical activity and sport PERFORMANCE

- Reduces swelling and inflammation of **YOUR JOINTS**

**Physical Therapists IMPROVE the Way You Move**

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