

# BENEFITS of Physical Therapy

**CPTA**  
CALIFORNIA  
Physical Therapy Association  
www.ccapta.org

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

Decreases and/or eliminates **PAIN**



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*™

www.movecalifornia.org