
Patient Information

Physical Therapy

Your Clinic Name

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Your City, State ZIP

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Your Logo

Physical Therapy

There are many different treatments for injured muscles, tendons, and ligaments (collectively called soft tissues). Physical therapy is often very effective in lessening pain, promoting healing, and improving function.

What Is Physical Therapy?

Physical therapists have a variety of methods of treating injured soft tissue. Some of the more frequently used are:

- – This is often the first type of treatment used, particularly for a new injury. Cold helps to numb the injured tissue, lessening the pain. It is useful in controlling muscle spasms and swelling. Heat increases the blood flow which helps the healing process. It also relaxes soft tissue which helps with stretching the muscles.
- – Stretching injured soft tissues helps to lessen the muscle spasms, increase the blood flow, and increase the range of motion.
- – Carefully selected exercises help to increase the range of motion, strength, and stamina of the injured soft tissue. It also helps reduce pain and nourish the joints.

- – These treatments help to reduce muscle spasms and increase soft tissue flexibility.
 - This form of electrical stimulation is used with steroid cream or pain-reducing medications. It delivers the medicine to the painful area without using a needle.
- – Exercising in a heated pool allows patients to begin to loosen up injured soft tissue before they can exercise in the gym.

What To Expect From P.T.

At your first visit you will have an evaluation. This provides the therapist with information about your injury. Baseline measurements are taken so the therapist knows what are your current limitations and can measure your improvement.

After the evaluation, the therapist will be able to select the proper treatments for your injury. As you improve, the treatments may change.

Will It Hurt?

The short answer is “It may.”

It’s not unusual for people to say they have more soreness after therapy than before it. Loosening up the injured tissue that has become tight may hurt, but it’s the only way to increase your range of motion, strength, and stamina.

Any pain you may have doesn’t mean there is more injury. The pain means you are moving the injured tissues in ways they don’t want to move.

Be sure and tell your therapist about any pain or discomfort you are having. The therapist will know if this is normal or not.

Why Do I Need P.T.?

Many studies have shown that moving injured tissues is essential to healing. The sooner your injured tissues are moved and the more your injured tissues are moved, the quicker you will heal.

Additional Questions

Your physical therapist is the best person to answer your questions about physical therapy and your treatments. If you have a question or concern, be sure and ask.