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Basic Facts You Need to Know About Physical Therapy by Wendell Palmer

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Are you experiencing bouts of neck or back pain? Do you or a loved one have difficulty walking or moving around because of an injury or another disease? If you're tired of being confined to a bed, try physical therapy.

Physical therapy or physiotherapy is a branch of rehabilitative medicine that promotes prevention of physical disabilities through evaluation, rehabilitation and treatment without medical, surgical or radiologic measures. Simply put, this field of medicine aims to make daily tasks and activities such as walking, using the stairs or getting in and out of bed easier and more comfortable.

Unlike chiropractic care, physical therapy is a clinical health science. It is science-based, committed to evaluating and reviewing solid evidence that determines the right treatment for a particular patient's health needs. Physical therapists therefore need to have clinical judgment and informed interpretation to effectively identify their patients' health concerns and treatment plans.

Certified physical therapists generally work with individuals whose movements may be affected by disease, aging or sporting hazards. Experienced Baltimore physical therapy experts study anatomy, neuroscience and physiology to understand and deliver proper care. They use their training and skills to treat a whole range of physical problems connected to various systems in the body. From neuromuscular and musculoskeletal to cardiovascular and respiratory systems, they will determine which of these affect a patient's movement. They need to be qualified and registered by law to work in hospitals, general practices and the community.

Physical therapy Baltimore and other cities offer deals with orthopedic, geriatric, pediatric, neurological, cardiovascular and pulmonary rehabilitation concerns. These specialty areas enable physical therapists to address and manage people of all ages with different ambulatory and movement problems. They encourage patients to use their muscles to increase flexibility and range of motion through different treatment plans. Such treatment solutions may involve exercises that aim to improve strength, balance, coordination, and endurance.

Experienced Baltimore physical therapy professionals also teach patients to use crutches, prostheses, wheelchairs and other adaptive devices to help develop mobility and dexterity. These temporary solutions enable patients to successfully perform their specific exercises, facilitating better and faster recuperation. As a patient's recovery progresses, the physical therapist will also adapt the treatment to fit his needs and thus ensure healing. If you're looking for certified and trusted physical therapists, you can consult your local health officer for referrals. You may also visit selfgrowth.com for more useful information about the topic

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