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Who needs physical therapy? The answers can be too broad that physical therapists can safely say everyone can benefit from a physical therapy session. Physical therapists argue that most people take their health for granted, and that the only time they appreciate the value of physical therapy is when they go through an injury, disease, or disability. Physical therapy can help treat anything from a simple case of stiff neck or something more serious like a spinal injury.

Because of the broad scope of this medical profession, physical therapy can be divided into different specialties. The most common are the following: orthopedic, neurological, geriatric, cardiovascular and pulmonary, and pediatric. Orthopedic PT is concerned with musculoskeletal disorders such as those brought about by injuries, arthritis, and amputations. Neurological PT works on patients with neurological disorders such as Alzheimer's and Parkinson's diseases, multiple sclerosis, and stroke.

Geriatric physical therapy focuses on issues related to aging such as osteoporosis, rheumatism, and loss of balance. Cardiovascular and pulmonary physical therapists focus the rehabilitation of patients who have undergone heart or lung surgery. Pediatric PT treats and diagnoses injuries and disorders that affect the muscles, bones, and joints of children. If you know anyone who might be in need of such treatments, maybe it's time to refer them to a physical therapist.

Physical therapists use a variety of techniques to treat and correct the many diseases and disorders that patients are suffering from. These treatments are non-invasive, and focus on promoting healing, relieving pain, and restoring function and movement after an injury or disease. St. Louis physical therapy centers offer treatments such as exercises and massages to alleviate the conditions experienced by their patients.

Physical therapy is best if recommended by a physician. Depending on state laws, a patient can have direct access to a physical therapist for musculoskeletal issues without the consultation or approval of another health care professional. If you have a lingering pain or discomfort involving some joints, muscles, or bones, you can come to a St Louis physical therapy specialist to check what needs to be done and what treatments can be recommended to other health professionals.

For more information on physical therapy, you can visit physicaltherapy.about.com and apta.org. These resources can give you a more in-depth knowledge about the science of physical therapy, and how you can benefit from a therapy session. Before you start looking for a St Louis physical therapy practice, it would be best to consult your healthcare provider to see which types of treatment options are covered.

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