Don’t Mask Pain, Treat It

Physical Therapy is a safe alternative to opioids for pain management.

Physical therapists treat pain through movement and exercise, helping patients improve strength, flexibility, and range of motion. Physical therapists also educate their patients about pain, which is known to improve outcomes.

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CONDITIONS TREATED BY PHYSICAL THERAPY:
- Back and neck pain
- Elbow, wrist, and shoulder sprains and strains
- Hip and knee sprains and strains
- Patellofemoral pain
- Ankle sprains
- Foot injuries
- Hand injuries
- Postural dysfunction
- Post-surgical rehabilitation
- Sports-related injuries
- Work-related injuries