



*St. Francis*  
**Physical Therapy**

Physical Therapy  
*Consultants, Inc.*

3220 Bridge St. • St. Francis, MN 55070  
Phone (763) 753-8804 • Fax (763) 753-7928  
[www.physicaltherapyptc.com](http://www.physicaltherapyptc.com)

## **National Physical Therapy Month**

**Renee Hancock, PT, DPT**  
**Doctorate of Physical Therapy**  
**St. Francis Physical Therapy**

October is National Physical Therapy Month across the U.S.A. This is an exciting time for Physical Therapists to share their knowledge and expertise with the community. Many people are not aware of all that Physical Therapy has to offer. Unless you have been injured or had surgery, you've probably never even considered seeing a Physical Therapist.

Physical Therapy can help in the treatment of many conditions. Not only can we help you recover from injuries and surgeries, but we can also help you with general strengthening and balance. Some Physical Therapists are even trained to treat vertigo! Chronic conditions such as fibromyalgia or arthritis can benefit from Physical Therapy.

Physical Therapists are experts in the muscles, bones, tendons, ligaments, and other soft tissues of the body. We are trained to diagnose musculoskeletal disorders and identify treatment needs. In the state of Minnesota, patients are able to see their Physical Therapist of choice without a referral from their primary physician. However, some insurance plans do still require a referral from your primary physician for payment purposes. Check with your insurance!