

October is Physical Therapy Month (2003)

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Andover Physical Therapy, Ham Lake Physical Therapy, Isanti Physical Therapy, & St. Francis Physical Therapy are proud to announce and celebrate National Physical Therapy Month.

Physical therapists and physical therapist assistants from around the nation will celebrate National Physical Therapy Month in October with the theme: "Physical Therapy: Exercise Your Options."

This theme reflects two major focuses of the American Physical Therapy Association (APTA) this year. We are "exercising our options" with legislators on Capitol Hill with the Medicare Patient Access to Physical Therapists Act, the most critical legislation with which APTA has been involved in the past 20 years. We're also encouraging our members to focus on how children may "exercise their options" with physical therapy to achieve physical fitness. Our knowledge of the musculoskeletal system uniquely qualifies us to design individual fitness programs and educate the public about the consequences of obesity and lack of exercise, a critical national health concern.

National Physical Therapy Month, celebrated each October, is a nationwide event that seeks to give the public firsthand knowledge about the benefits of physical therapy. Physical therapists, physical therapist assistants, and physical therapy students across the country will host special events such as fitness clinics, fun runs, athletic competitions, open houses, and seminars on health and fitness. Activities will focus on general physical fitness, injury prevention, rehabilitation following injury, disease or surgery, and other areas of physical therapy practice that help patients achieve and maintain health and fitness.

The American Physical Therapy Association is a national professional organization representing more than 63,000 members. Its goal is to foster advancements in physical therapy education, practice and research.