

October is Physical Therapy Month

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National Physical Therapy Month will be recognized in October. Each year in an effort to increase awareness about physical therapy, the American Physical Therapy Association (APTA) sponsors numerous events during the month of October. The APTA is the physical therapy profession's governing body and is constantly working for the betterment of the field of physical therapy, therefore enhancing patient treatment. Physical therapists are recognized as experts in the area of musculoskeletal conditions. This often means treating patients who have been injured at work or play with the most common injuries relating to the shoulder, low back, knees, and ankles. However, physical therapists are also employed in a much larger spectrum that relate to pediatrics, neurological impairment, disease relating to the heart, sports injuries, and many other conditions. Therefore, if you have questions relating to a particular diagnosis contact your local physical therapist.