

## **BENEFITS OF PHYSICAL THERAPY**

**Jessica Wolke, Physical Therapist, Baylor Scott & White Institute for Rehabilitation**

{\*\*ON CAM\*\*}

IF ACHES AND PAINS HAVE YOU CONSTANTLY REACHING FOR PAIN RELIEVERS ... IT MAY BE TIME TO TRY PHYSICAL THERAPY.

{\*\*TAKE VO\*\*}

PHYSICAL THERAPY IS OFTEN RECOMMENDED AFTER AN INJURY OR SURGERY ... BUT DID YOU KNOW IT CAN ALSO HELP WITH LESS ACUTE ISSUES LIKE ACHING KNEES OR A PAINFUL BACK? PHYSICAL THERAPIST JESSICA WULKE SAYS THAT WHETHER IT'S A MAJOR INJURY OR JUST A NAGGING ISSUE — PHYSICAL THERAPY CAN HELP PREVENT BIGGER PROBLEMS IN THE FUTURE.

{\*\*TAKE SOT\*\*}

Jessica Wolke

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TRT: 16

"So, for example, if you injure your ankle, a lot of times if you don't address those deficits of the ankle, it can lead to knee, hip and back problems. So, if we address what has happened with the injury, it helps to prevent other injuries but also allows you to return back to a normal way of life."

{\*\*ON CAM\*\*}

AND PHYSICAL THERAPY DOESN'T HAVE TO MEAN LOTS OF OFFICE VISITS. WULKE SAYS IT'S IMPORTANT TO MEET WITH YOUR PHYSICAL THERAPIST TO COME UP WITH A GAME PLAN, BUT MANY EXERCISES CAN ALSO BE DONE AT HOME.