

PRESS RELEASE

[INSERT: Contact's Name

Email

Phone]

Schedule a Yearly Physical Therapy 'Checkup' to Take Charge of Your Health

[INSERT: City & Date] –Yearly visits to the primary care physician and the dentist are often scheduled six months to one year in advance, and have become non-negotiable annual health “checkups.” The impact of these visits on your health cannot be underestimated, however, you might be overlooking the health of other parts of the body that are vital to proper function and form. When you make the healthcare rounds this year, consider adding a trip to the physical therapist to the list.

Physical therapists are trained to address the specific needs of your musculoskeletal system, which is comprised of your muscles, bones, cartilage, tendons, ligaments, joints and other connective tissues. An annual PT “checkup” can ensure that these essential internal structures are working together to support, stabilize and move your body. During an annual visit, a PT will gather the patient’s health history and perform a series of test and measures, including a screening of the musculoskeletal, neuromuscular and cardiovascular systems.

[INSERT: Quote about PT/your clinic]

Research shows that by performing several types of movement screens, including Gray Cook’s Functional Movement Screen, physical therapists can more fully assess their patients’ functional movement patterns and interpret their strengths and weaknesses. According to a study called [“Assessing movement using a variety of movement screens.”](#) it’s important for PTs to combine several movement screening tools to capture a complete picture of the patient’s abilities and limitations.

Whether you’re an elite athlete or just getting started with an exercise program, clinical screening tools help PTs understand how your body performs during a series of movements. Based on the information gathered, the PT is equipped to design an individualized program to prevent injuries.

[INSERT: Quote about PT or your clinic’s services]

The tests and screens that a PT might perform during an annual checkup to assess your strength, stability and mobility are not all that different from what you can expect during an annual exam with your primary care physician. Just as PTs do, physicians follow a checklist: Check your blood pressure, listen to your heart and check your oxygen level, and then collect blood and urine samples to identify or rule out health issues like high cholesterol or metabolic disorders like diabetes. The information collected can be compared with last year's results to reveal any inconsistencies that could signal problems. Similarly, during an annual physical therapy appointment, your PT captures an overall picture of your musculoskeletal health that can be compared from year to year.

About The Private Practice Section of the American Physical Therapy Association

Founded in 1956, the Private Practice Section of the American Physical Therapy Association champions the success of physical therapist-owned businesses. Our members are leaders and innovators in the health care system. The American Physical Therapy Association (APTA) represents more than 85,000 physical therapists, physical therapist assistants and students of physical therapy nationwide. For more information, please visit www.ppsapta.org.

[INSERT: Your practice's boiler plate]