



HOW TO CHOOSE THE RIGHT PHYSICAL THERAPIST FOR YOU





IMAGINE IT:

Regardless what kind of sports-enthusiast, fitness fanatic, or professional athlete you are, there's nothing more important than having access to a therapy center that'll guide you down the road to recovery after an injury.

So, if you've struggled with a chronic condition, continual pain, or a wound, and don't know where to go for compassionate care and physical therapy expertise, it's time for you to learn more. Luckily, we're here with our [How to Choose the Right Physical Therapist for You eBook](#).

Throughout this guide, you'll be provided with some know-how on finding the physical therapist that's equipped with plenty of helpful tips and tricks on how to get your body back into its best shape.

Instead of opting for a cookie-cutter treatment plan at a run-of-the-mill facility, you'll be taught how to effectively identify the clinicians who'll offer up a customized rehab plan that's designed to work with your unique physique.

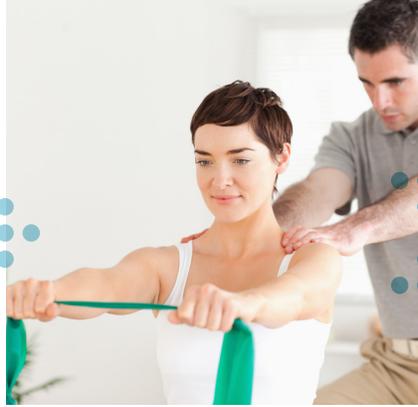
Within this comprehensive checklist of how to select the best physical therapy professional for your needs, you'll learn more about a variety of topics, such as:

- > **Identifying Your Issue**
- > **Number of Patients at Your Facility**
- > **Choosing a Therapy Specialist**
- > **Proximity to Your Home**
- > **Necessary Treatments and Equipment**
- > **Finding a Certified Therapist**

Let's begin your journey by diving into all the details packed into the pages of this informative handbook. Before long, you'll know exactly where to go for support throughout your rehabilitation and fitness efforts.



How to Choose the Right Physical Therapist for You



1 Identify Your Condition or Injury

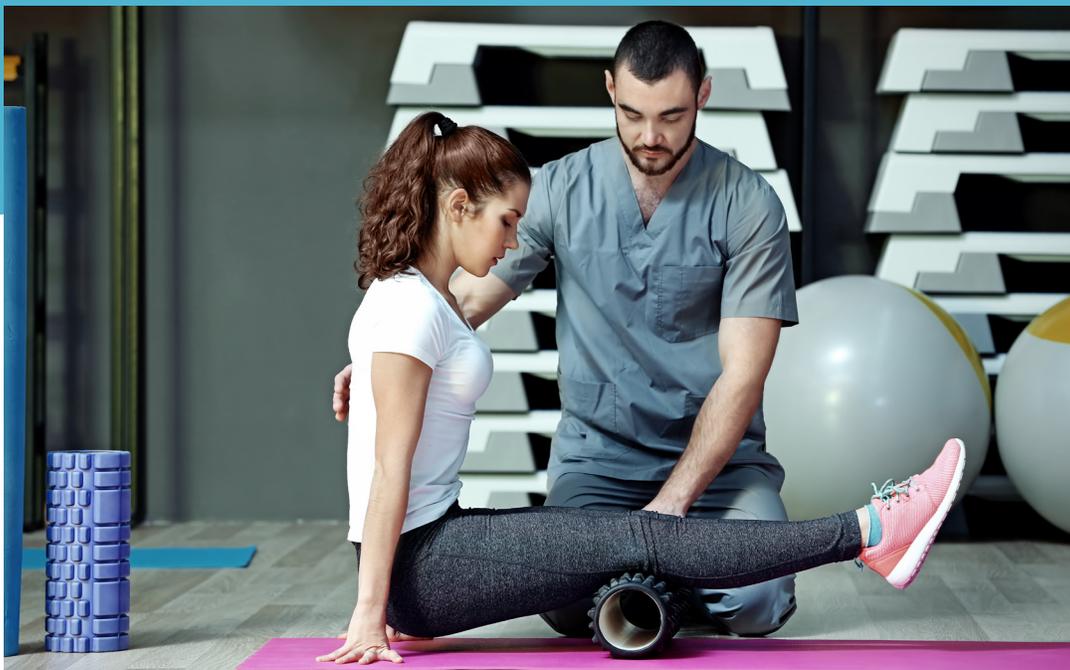
The first step to selecting the perfect physical therapist is to learn more about your specific ailment. If you've already been to your doctor, you likely know a bit about your injury or condition. However, before you get a diagnosis, you'll want to understand more about what kind of recovery plan you may be facing.

For example, if you're a long-distance runner, and you've been feeling some pains in your shins, you'll want to do some research on what type of strain you have. That way, you can more effectively choose a location that's equipped with therapy professionals who specialize in the injury, condition, or body part that applies to you.

On top of that, you should make sure that the therapist you pick is prepared to present you with a treatment plan that's personalized to your specific struggles. With this benefit, you'll avoid paying for sessions that don't properly address your pain or help your body heal.

Any quality rehabilitation facility will begin your first appointment by reviewing your medical history and performing a physical exam.

If you've received a diagnosis from your doctor, your therapist will be made aware of your issue and understand how to correctly tend to your condition. Once you arrive at your session, be sure that your counselor thoroughly analyzes your needs and medical history.



2 Inquire About the Number of Patients

Whether you're attempting to recover from an accident or just want to build up some physical endurance, it's important that your physical therapist has plenty of time to devote to your treatment efforts. That's why you should question your potential physical therapy center on how many patients each clinician sees.

If your physical therapist is seeing more than one patient per 30 minutes or one hour, it's likely that they're not providing each patient with the right amount of attention. This can ultimately lead to mishaps in your treatment, which won't help you reach your goals.

In addition, healing your body properly requires the undivided care of one clinician. That way, you don't have to reacquaint yourself with a new therapist every time you visit your facility for an appointment.

By accessing a treatment center that teams you up with one physical therapist, you'll gradually build a relationship with your mentor so that they'll know exactly how to accommodate your needs.

With the convenience of one-on-one therapy appointments, your dedicated counselor will quickly get familiar with the exercise pace and intensity that you prefer.

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Choosing a Therapy Specialist

No matter what your current struggles may be, you want to be confident that your therapist comes with knowledge about your ailment.

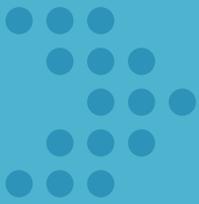
So, even if you're looking for a fitness specialist who'll help you build up some endurance and get you back on the field in no time, you've got to be supported by a knowledgeable professional.

Furthermore, many recovery centers feature a team of qualified clinicians that'll lead you through the necessary stretches and exercises to heal your injury. From Manual Therapists to Aquatic Physical Therapy, and everything in between, you'll find the skilled therapist who'll encourage you along every step of recovery.

Yet another advantage of doing some research is that you'll find a trustworthy clinician who'll help you through every therapy milestone. Because the human body requires constant upkeep and care, it's important to know that you're not being instructed by someone who isn't capable of effectively advising you.

Without a trained mentor, it's possible that you could stretch in a way that aggravates your strained muscle or another part of your anatomy.





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4 Proximity to Your Home

When you're searching for an experienced physical therapist, you don't want to be forced to tackle a long drive just to get the treatment you need. That's why it's critical to locate a rehab establishment that's close to your home and offers up the right regimens.

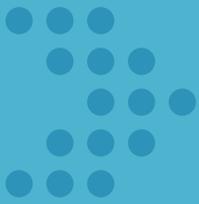
For example, if you're a runner, weekend warrior, or anyone else who needs intensive therapy options, make sure to choose a facility that has an Alter-G® Anti-Gravity Treadmill® at every location, rather than at just one location that requires a long journey. That way, you won't need to travel far and wide to access state-of-the-art technologies.

Plus, if you're injured, you definitely don't want to be spending long hours behind the wheel of your car. To up the ante on your convenience, opt for a therapy center that's outfitted with lots of different facilities in your town, making it easy for patients to arrive at their appointments on time and without frustration.

5 Necessary Treatments and Equipment

The next phase of choosing the ideal physical therapist is to research more about the specific treatments and techniques offered by the clinic.

Often times, severe injuries and complicated conditions require cutting-edge machinery and hands-on healing approaches. That's why it's essential to dive into the options provided by your next physical therapy center.



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Need an example of what injuries may need more intense treatment? Well, things like ACL tears, hamstring issues, stress fractures, and more, require gentle handling to ensure that your efforts don't cause more harm.

Fortunately, advanced technologies like the Alter-G® Anti-Gravity Treadmill® allow your body to slowly ease back into weight-bearing and high-intensity physical activity.

This unique treatment utilizes differential air pressure and unweighting technology to allow you to select the body weight percentage that's right for your injury.

With regular uses of this machine, your muscles, ligaments, tendons, and limbs will rebuild strength and endurance so that you'll be back to your regular routine in no time.

And instead of opting for the expense and recovery time of surgery, why not choose a non-invasive treatment like EPAT® (Extracorporeal Pulse Activation Technology). By selecting this non-invasive treatment, you'll speed up the healing process without causing your body more pain.

Each EPAT® session applies pressure waves to a specific muscle to increase blood flow, boost the metabolism, and much more. Thanks to this method, you'll start to mend your injury or cure your condition without a visit to the operating room.





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6 Finding a Certified Therapist

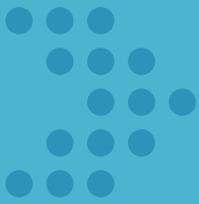
To make the most of every visit to your rehabilitation location, you should verify that your therapist is a certified clinician with all the necessary education to provide you with effective physical therapy.

Since you've been working hard to make sure that your body stays in great shape, it's wise to guarantee that you're seeing a therapist who is certified by the state. Let's learn more about some of the titles you may see at your therapy facility:

- > **CSCS®:** Certified Strength and Conditioning Specialists® are authorized to create conditioning and strength training programs for professional, college, and high school athletes, or those who want to gain some extra muscle.
- > **SCS:** Sports Certified Specialists provide you with guidance on how to heal an injury resulting from physical activity, like a fracture, muscle strain, and more.
- > **FAAOMPT:** Fellow in the American Academy of Orthopedic Manual Physical Therapists keep your muscles and bones feeling their best with hands-on treatments.

By choosing a certified therapist, you can arrive at your first appointment knowing that your mentor is fully trained and ready to help you make an inspiring comeback from a recent surgery, sports wound, or anything else.

You can get a sense of the types of doctors and technicians working at your physical therapy center by visiting the location's website and taking a look at the current staff.



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CHOOSE YOUR PHYSICAL THERAPIST TODAY!

Your health and wellness should be a top priority. So, when it's time for you to finally address that nagging pain, debilitating injury, pulled muscle, or anything in between, make sure you're choosing a location that's armed with an accredited team of physical therapists.

And at Trinity Rehab, we're committed to providing you with all the industry-leading equipment and physical therapy proficiency required to nurse your body back to health. Why wait around to begin your journey? Contact us to snag your free screening or [schedule your first appointment today!](#)

Don't forget to save this copy of our [How to Choose the Right Physical Therapist for You eBook](#) in case you ever need a quick refresher on these crucial steps.