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physical therapy also called physiotherapy is a program to help people return to full strength function and mobility after a sickness an injury or surgery physical therapy is a nonsurgical treatment option to correct a medical problem physical therapy is treatment that helps you improve how your body performs physical movements it can be part of a generalized pain management plan or a specific treatment for an injury or health condition it s common to need physical therapy after many types of surgery too physical therapists use many different techniques to help you decrease pain and stiffness improve motion and strength and improve mobility physical agents such as heat ice ultrasound or electrical stimulation may be used manual techniques are often used to help improve mobility physical therapy is a type of rehabilitative care that focuses on diagnosing and treating injuries chronic and acute conditions and movement dysfunction in many cases it is considered a physical therapy is a medical specialty that uses exercise education and hands on care techniques to help people improve their mobility and function a physical therapist will work with you to help you manage pain and move with confidence physical therapy is a non opioid rehabilitation strategy that helps people manage injuries learn from experts about its types which one to go for and more

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