

PHYSICAL THERAPY FOR *Chronic Pain*



For individuals who have chronic pain that has lasted more than six months, physical therapy is a safe and effective way to manage the pain while treating its underlying cause(s). The most common types of chronic pain reported are in a person's back, hip, knee, or foot, and occur most days or every day.

WHEN CHRONIC PAIN IS MANAGED EFFECTIVELY, IT CAN HELP IMPROVE A PERSON'S HEALTH, INDEPENDENCE, AND QUALITY OF LIFE.

Therapeutic physical therapy treatments can help:

- Increase mobility
- Improve muscle strength
- Enhance endurance
- Improve joint stability
- Expand flexibility
- Foster overall mood

In addition, physical therapy can reduce inflammation, stiffness, and soreness. It encourages the body to heal itself by boosting production of the body's natural pain-relieving chemicals.


ClearSky

Rehabilitation Hospital
of Flower Mound

Please Call
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TO MAKE A REFERRAL

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