

# 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.

**PLEASE CALL 337.462.8880  
TO MAKE A REFERRAL**



**ClearSky**  
Rehabilitation Hospital  
of Rosepine

**ClearSkyHealth.com/Rosepine**

**P 337.462.8880 | F 833.719.1249 | 8088 Hawks Road, Leesville, LA 71446 |**

