

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 Weatherford

ClearSkyHealth.com/Weatherford

P 682.803.0100 | F 682.803.0200 | 703 Eureka Street, Weatherford, TX 76086 | 

