



Health & Wellness Physical Therapy Industry Snapshot

Purpose:

There are many benefits of physical therapy for seniors and older adults. It can help to provide a safe environment for your senior and help to condition, strengthen and improve balance. Overall, mobility will improve and the goal of maintaining an extended time of independence is obtained.

Services:

A patient's condition will be evaluated by studying medical records, physician recommendations, and test results prior to the development of a physical therapy program for the patient. Based on the results of the testing, massage therapy, traction, and heat or water may be used to help improve a patient's comfort as well as to expedite recovery. The type of injury will dictate the patient's program. The therapist will develop, train and help the patient to execute exercises that are designed to:

- ✓ improve range of motion
- ✓ strengthen muscles
- ✓ Increase coordination and endurance
- ✓ elevate motor skills
- ✓ other physical results to support healing

Physical Therapy is often a main focus when a patient enters a Rehabilitation Facility- specifically from suffering from a home accident or if mobility issues exist. It can then continue to be administered in the comfort of a senior's home once they are released.



Health & Wellness

Physical Therapy

Provider Selection

Specialization:

Most Physical Therapists receive at least two years of intensive training and education before becoming licensed. Education and licensing requirements will vary by state. Continued education and on-going training regarding new and advanced surgical and recovery developments is required. Specialized training is received under the direction of a physician. In many cases, Physical Therapists can do extensive work and focus on prevention from falls, and can work with a patient in their home to help structure the home environment to reduce risks of home accidents.

Preparation:

Typically after a surgery is performed, physical therapy is prescribed. Although, surgery is not required for the help of a physical therapist. During the aging process, a variety of aches and pains may be highly reduced by working a program designed by an expert. Work closely with your loved ones doctor to get a referral. Make sure to stay involved to monitor the progress of your loved one.

Evaluation:

- ✓ What expertise does the physical therapist possess that makes he/she uniquely qualified to treat Mom/Dad's condition?
- ✓ What would be the typical recovery time for my parents particular condition?
- ✓ Request information about the physical therapist's certificates and specialties. How many hours of continuing education is required by the State? How many hours have you performed this year?
- ✓ Does the physical therapist subscribe to a "Code of Conduct and Performance"?
- ✓ What is the amount of time you have worked in the field?
- ✓ Please provide references.
- ✓ Finally, if you are Power of Attorney for your parent, you have a right to choose the Physical Therapist that best suits your parent. If a doctor prescribes Physical Therapy for your parent, it's best to research the company that is best suited to working with your parent.



DISCOVER THE ANSWERS FOR ELDERS RADIO SHOW



1PM SATURDAYS!
820AM • AM1590

9PM SUNDAYS!
AM1590



If you or your family are navigating senior care, discover the Answers for Elders Radio Show! Learn from our many podcasts here, our live broadcast 820AM or 1590AM on Saturdays and Sundays in Western Washington, or on iHeartRadio, worldwide. Now in our third year, Answers for Elders is “the voice of senior care”, featuring content on all of the Decision Guide topics here, and even more!



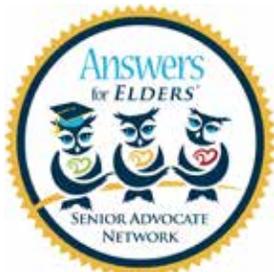
Hosted by Suzanne Newman, she intertwines her own journey as caregiving her mother. Through her real-life experience, and her passion for supporting families, caregivers, and seniors, she interviews top providers in senior care. Coming at it from a family member’s perspective, you will discover how to make later life care decisions a lot easier no matter what stage you are in. Because eldercare is interconnected, there are many moving parts and options that you may not know about. Answers for Elders and the most respected eldercare experts in the industry help you learn through their knowledge and wisdom. Each week we tackle subjects like caregiving, housing, living options, aging in place, healthcare, financial, legal questions and more.

Understanding the different options helps make later life a lot easier. It also helps you be more proactive before changes need to be made so that you can make the best decisions for you and your family members.

ABOUT THE HOST

Suzanne Perkins Newman, Founder & CEO, Former Family Caregiver
My Passion: Advocacy for Caregivers & Seniors

- Host of the Answers for Elders Radio Show!
- Founder/CEO Answers for Elders, Inc.
- Family Caregiver “Coach” • Former Family Caregiver for her own Mother
- Author of *The Advocate’s Heart: Finding Your Real Strength in Caring for Aging Loved Ones*
- 25-Year Executive in Advertising, Publishing & Digital Media



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Best news of all? It’s FREE!