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Media Contact
John Groves, DPT, OCS, FAAOMPT
johngroves@grovespt.com
(651) 209-6144

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NEWEST RESEARCH

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Physical Therapists Can Help Relieve Pain

ST PAUL, MN (January 13, 2005) - In light of recent reports about the risk of heart attack and stroke with the use of non-steroidal anti-inflammatory drugs (NSAIDs) for pain and inflammation, patients may wish to consider the benefits of physical therapist intervention for pain relief from certain conditions, according to the American Physical Therapy Association (APTA).

"Many people are looking for alternatives to the sole use of medication to deal with painful conditions," said APTA President Ben F Massey, Jr, PT, MA. "Pain medication may help you get through periods of severe pain, but it won't always help you eliminate the underlying cause of some kinds of pain. For many individuals, it is the underlying causes like poor posture and alignment, weak and/or inflexible muscles, or tight joint structures that actually exacerbate the painful condition," Massey explained. "A physical therapist will perform a complete musculoskeletal examination and design an individualized treatment program to reduce pain and improve function."

There are many types of pain and inflammation that can be reduced by physical therapist intervention. For example, chronic pain in the back, shoulder, or knee or pain associated with certain degenerative diseases such as osteoarthritis, can be reduced with the appropriate combination of medication and exercise. "The physical therapist, in collaboration with the patient and the patient's physician, can help the patient manage his or her health over the long term," explained Massey.

For pain of a "mechanical" origin such as back, shoulder, or knee pain, physical therapist intervention may include therapeutic exercise, manual therapy, and functional training. "The goal of the physical therapist is to reduce pain, improve your ability to perform daily activities, and help the individual return to doing the things he or she likes to do," said Massey. "It is also true that patients may unknowingly contribute to their own pain, such as by exercising improperly or with poor posture that physical therapists can identify and help to correct." Massey added, "Through the use of home programs designed to fit the individual's needs, the physical therapist can efficiently progress the individual's rehabilitation and teach the patient how to prevent a recurrence of the original condition."

For osteoarthritis, a degenerative disease of the cartilage and bone, physical therapist intervention may include, exercises for strength, flexibility, range of motion, and the use of devices designed to rest or support the joint such as orthotics or splints.

For more information about how a physical therapist can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit www.grovespt.com.

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About Groves Physical Therapy:

Groves Physical Therapy is a privately owned, multi-site Physical Therapy practice in St Paul and Brooklyn Center. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Their physical therapists are Board Certified in Orthopedic Practice and are Fellowship trained in Manual Therapy, credentials that only 1-2% of Physical Therapists nationwide have obtained. They utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. For more information on Groves Physical Therapy, please call 651-209-6144 or 763-566-3798 or visit: www.grovespt.com.