

Everything you need to know about PT with Body Smart



The 50 Most Important FAQ's About Physical Therapy

Have the confidence to know before you go!

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About the Author



My name is Cameron Garber. I'm a doctor of physical therapy, a husband, a father to four energetic boys and an avid proponent of a healthy lifestyle.

As a physical therapist I help people every day to know, understand and treat their body better. That's why we're called Body Smart. I use an intuitive and individualized approach to help my people discover, learn about and quickly find the solution to their problem.

Before opening Body Smart I was a leading therapist of the outpatient stroke team at the University of Utah. I became frustrated with the current health care model's willingness to spend millions on treating preventable diseases. This led me to leave my position and begin working on true prevention health care. The emphasis of my practice is now lifelong wellness. I have become an expert, national speaker and educator regarding metabolism, weight loss and restoring people not only to full function, but to a lifetime of fitness.

My goal is to leave every patient with a long term plan for health improvement. Body Smart is more than a name, it's my mission! I aim to help everyone understand their problem, how it affects their body and how to resolve it permanently!

Introduction: This free Report is written to help people just like you get a "behind the scenes" view of physical therapy. In it I share with you 50 of the most common questions I hear every day. The report provides answers, offers clarity and debunks common myths (...and the skepticisms) which many people have and hold concerning physical therapy. This guide is only for women and men who are serious about their health are determined enough to do something to reverse ill health and begin living their life **free from worry** about pain or poor health. It's compiled from years of taking questions left in my email, on Facebook, from phone calls, and meaningful conversations in and out of the clinic.

All of these questions have one thing in common: They're being asked by people who value their health enough to go out of their way enough to take a **simple step** and enquire about what they can do to improve their health. They have recognized the signs of ill-health and have the courage to **ASK** exactly how physical therapy will help them return to their **active life** and avoid future complications and risks from inactivity.

The questions, and the straightforward answers which follow, are in no particular order. Hopefully they will help you to have a better understanding about what physical therapy is and what we can do for you here at Body Smart. Honestly, it's the latter which is important for you to understand...because very few, if any, PT clinics in Utah offer the one-on-one, one patient at a time, customized and all about you, PT service we offer in the excellent way we pride ourselves on here at Body Smart.

Your top 50 FAQ's about PT Answered

Q1. What actually is Physical Therapy?

Cameron: Physical therapy is a group of proven techniques a for relieving the stress and concern people experience because of pain and suffering often caused by immobility, weakness, injury and illness. It is the art and skill of a licensed Doctor of Physical Therapy to help people move again and live life on their terms.

Physical therapy works to help people preserve, maintain and restore their ability to bend, lift, walk, run, play and move free of worry, pain and fear of lasting problems.

Q2. Does PT help someone like me?

Cameron: Here's a list of the people who Body Smart PT is perfect for:

1. People aged 25-65 who love to be active and want to do whatever they can to get better fast.
2. People who want to keep their job. We see people of all professions. From office managers, saleswomen and men, engineers, office workers, manual laborers, teachers, doctors, nurses lawyers and working moms and dads and hardest working homemakers on the planet. Essentially everyone who needs to be able to sit, stand, move and do their thing at their very best without fear or pain or problems.
3. The athlete! From elite level competitors, to the weekend warrior, to the neighborhood 5K'ers; anyone looking to perform their best while remaining healthy.
4. Moms and dads who want to live their example. Both parents and grandparents who want to stay healthy and active so they can show their kids and grandkids how to lead a fulfilling and active lifestyle.
5. Independent souls age 55+ who want to remain that way. Many people have seen their parents decline and are determined to preserve their health and ability to stay active. Especially as active grandparents who are involved with watching kids, taking them to games, babysitting and helping them with projects. Sometimes you need that extra edge PT can give you to keep up with all of the fun!
6. People who are determined to take their health seriously and do something about it. We find that our perfect patients learn about healthy topics such as diet and exercise, try to eat right, exercise, and work to stay out of the hospital. Body Smart is about being pro-active about your health so you can avoid problems before they grow. It is the reason why our patients seek out PT's like us at the first signs of injury or illness.

Q3. Why shouldn't I just go get PT through my insurance?

Cameron: Truth is, PT is changing. Insurance companies are no longer just letting you go and get PT anymore. Many are restricting how many visits you can have and are paying less of the bill.

The responsibility of payment has shifted largely to you. With higher copays, large deductibles, and huge max out of pocket limits; you, the consumer, now has to foot nearly all of the bill. Often you will pay the same or more out of pocket "using" your insurance as you would with an out-of-network provider.

Insurance companies have also placed limits on how much and what type of care you can receive. This has limited your choices and your ability to get the hands on care you need to avoid or recover from injury and illness.

Because of decreasing reimbursement and more rules, most PT clinics need to see high volumes of patients to pay for the increased administrative headache of billing and coding. This decreases your time with your PT.

By choosing to use an out of network provider you are choosing to get one-on-one care and preserve your ability to be the decision maker about your care.

Q4. Will you do anything at the first session to help my pain?

Cameron: Yup! Goal #1 of the first session: Find out what's wrong. Goal #2: Start you on the road to recovery. The majority of the first visit discovering what is going to help you the most to start managing your symptoms now. We'll also create the plan to help you start making progress, as well as help ease your other psychological concerns and frustrations.

Q5. How long before I feel the difference from PT?

Cameron: Honestly, how quickly PT helps you depends on your individual case. There are several factors such as age, severity, how long you've been dealing with the issue, and the type of therapy that will be required.

My personal goals on the first visit are twofold: 1. Give you a solid answer about your condition 2. Find something that first day we can do to decrease your pain and help you manage it at home.

During the initial visit we will first find out what's going wrong, what your goals for therapy are, and how we can jump start you on the track of getting to your goals. Usually, this only takes 15-20 minutes!

Next we get started on getting you better. We work together to find what will immediately help you manage your pain. We also establish an agreed upon plan for getting the best possible result which meets your life, lifestyle and gets you back to living!

Rarely does a condition take longer than 2 to 4 weeks to resolve. It typically works that quickly!

Q6. What if I book an appointment, but before I come in, my condition improves and I feel like I don't need to come and see you anymore?

Cameron: PERFECT! Couldn't hope for anything better! Just give us a call and we can cancel the appointment. We simply ask that you keep us updated if something changes and you start getting even a hint of symptoms. Let's get it taken care of!

Q7. What if I don't want to make another appointment after my first visit, do you take it personally?

No, I totally understand. Treatment has to be a mutually beneficial arrangement. If you don't feel that therapy is the right fit for you, I completely get it. That first appointment is for both of us to make sure we are a good fit for one another.

My first job is to tell you what is going wrong, and then to create a plan with you which will address your symptoms and help maximize your potential. If you feel as though some component of the plan isn't right for you and it's something we can't renegotiate, then I completely understand if it isn't the right fit for you.

Q8. What happens if I get there and I'm not happy with PT at the end?

Cameron: Honestly, if you're not happy, I'm not happy. If there has been an issue and you aren't satisfied with your level of care, I'm not charging you. We'll work to work it out and hopefully you'll give us a chance to make it right.

Q9. How likely is it that Body Smart will be able to help me?

Cameron: If your problem or concern is related to decreased mobility, pain, weakness or stiffness in the muscles or joints, then there's a high likelihood PT will be able to help you out. At Body Smart we commonly treat conditions related to back pain, knee pain, neck and upper back pain, shoulder problems, plantar fasciitis, running problems, cycling issues and more. Really, our skill is in looking at how you move now, what goals for function and movement you have, and then designing a custom plan to help you get there.

Q10. What should I wear for PT?

Cameron: We should discuss all of this over the phone before your first appointment. Rest assured, you will never have to remove clothing or get undressed. We do everything we can to maintain your comfort and privacy.

As far as what clothing, usually loose fitting or athletic clothing works best. It can vary depending on the area being treated. We want to be able to access the area easily and maintain your mobility while preserving your privacy.

For example, yoga pants are great for mobility, but they usually don't allow for much access to the leg. Leg issues are easiest to address if you wear shorts. Wearing a loose fitting shirt is also helpful for shoulder problems to allow freedom of movement and the ability to visually inspect the area if needed.

Your PT will always aim to remove as little clothing as possible and we will never ask that you remove an item of clothing which may completely expose a large area of your body.

Occasionally, patients will ask us if it would be easier or more convenient for us to provide treatment if an item can be removed completely. We have gowns available and you are free to make this decision if you feel it would be easier.

Q11. Can I talk to a PT before I book just to confirm PT is right for me?

Cameron: Absolutely! Just call us using this number 801-479-4471 or even email your question directly to me using camerongarber1@gmail.com

Q12. Do I get personal support if I need it?

Cameron: 100 % Yes. If you arrange to try PT with us, you'll be given unrestricted access to your own PT. I/they will be on hand to take your call, reply to your emails, or talk to you if you stop by until your question is resolved. We pride ourselves in being able to give you the one-on-one personalized attention you deserve.

Q13. What will happen if I don't choose to go and see a PT?

Cameron: Most likely, doing nothing will simply result in your current predicament progressing. Sometimes, things will resolve on their own. More often though, symptoms lessen to the point that they are only an annoyance most days, with occasional flare ups. The problem with foregoing treatment is that you run the risk of putting on miles and hours of activity, or inactivity with improper function and mobility.

Failure to stick to the right recovery program leads to a myriad of problems. Most of which result in decreased activity levels and progressive immobility. This often leads to weight gain, decreased post injury could increase the risk of early onset arthritis in joints. 9 days is an important mile stone – if pain and or stiffness is there at this point, it isn't going to go away on its own.

Q14. I've tried PT before and it wasn't for me. Why would Body Smart be any different?

Cameron: If you've had a previously bad or unfulfilling experience with PT, I want to apologize for our profession. I would say that I hope your experience is an anomaly. Most PT's are truly excellent and work hard to do their best. Sometimes clinic pressures and insurance regulations make it so that PT's can't practice in the way they would really like to.

There are some common complaints I get about PT in general though which have caused us to do things differently at Body Smart. Probably the four main complaints I've heard are: 1) never getting to see their real PT; 2) being passed off to a young high school or college undergrad kid; 3) getting the same routine (ie, heat, ultrasound, massage, exercise, then ice and e-stim) no matter what is going on; 4) not knowing what to do at home to maximize their progress.

At Body Smart, we've decided to stop treating our people like patients with a diagnosis and to begin treating them like, well...people. You are not your knee pain or back pain, etc. You aren't really coming to PT because of pain. You are coming because of what the pain is keeping you from doing or being. You have a life and lifestyle you are fighting hard to preserve. We want to be you teammate with that effort.

To help you maximize your time and investment in PT we've stopped seeing multiple patients at a time. We want to give you our undivided attention. You deserve it. You and your therapist will spend the entire 30 or 60 minute appointment together working on your investment in your health.

All hands on work will be done by your PT. Every exercise you do will be custom tailored and modified to your condition, by your PT. You will receive clear printouts of the exercises and tips we want you to follow at home. And we won't waste time in clinic doing things like heat or ice (ie, things that you can do at home) unless there is a real need to do them during our therapy session.

Q15. How long will it take for PT to get me active and healthy again?

Cameron: On average, from the last 10 years we've been doing this, and for most problems that involve joints and muscles that we see in our PT clinics, we've worked out a way to speed up the process and get it down to as little as 2-3 weeks to get a person comfortable and safely active again.

Q16. How quickly will I be seen?

Cameron: Usually within 24-48 hours. If you need an emergency appointment, we'll help you out. Please let us know on the phone or in your email that you need help ASAP. We can arrange for a PT to work you in if even for a mini visit to help you start getting relief now.

Q17. Will I get something like tips or exercises to take and work on at home?

Cameron: Most likely YES. I'm all about teaching you to treat your own symptoms. We'll give you strategies for reducing your pain right away, which may include exercises. We'll also make sure you get the right hands on techniques to give you the most optimal result for your symptoms.

Each patient goes home with printed out instructions from your therapist which details the steps you should follow at home. This is a critical piece of your total plan of care. Honestly, it is where the magic really happens. You'll only spend 1-2 hours a week with your PT. The rest of your recovery will depend on you being able follow the plan your therapist designs with you for your optimal success.

Q18. Is PT guaranteed to help me like I hope?

Cameron: Unfortunately, there are no guarantees. No decent PT or other clinician would ever give you a guarantee for success. We do guarantee your happiness with your plan and your care. Occasionally, symptoms have worsened beyond what PT is capable of helping someone with. In this case we will help you make the best and most informed decision about the next steps to take with your health.

Q19. What's the difference between a good PT and bad one?

Just Four things in my opinion:

1. Ability to accurately diagnose what's going on
2. Skill with hands on techniques and exercise prescription
3. The amount of time they spend on your care.
4. Designing a plan which fits your life, lifestyle and goals.

Q20. Does this sort of thing happen to other people like me?

Cameron: We see people with the same sorts of injuries every day. Particularly, people 25-55+ who suffer from aches, pains and stiffness, but want to maintain their health and mobility.

Q21. Cameron, who is PT for, the young or the old?

Cameron: Great question! Many people think that PT is just for the elderly who are losing mobility...and they're kinda right. Others think PT is just for active younger people who get some kind of injury...they're almost correct too.

PT is really for anyone who is looking to achieve, preserve, maintain, or recover their desired level of function and mobility. Really, we're talking about really living your life, for the rest of your life, free of worry about pain and immobility.

Q22. I can't figure this thing out. One minute I'm pain free, the next it takes my breath away! Every time I think it's getting better, it hits again! Will I be wasting my time if I come in and it doesn't hurting right at that time?

Cameron: Nope. That is actually really common. Pain is only a part of what we do, it isn't really our purpose. PT is really about mobility and function.

Our goal is to find out what physical impairments are causing you to have problems in the first place. We can still do a full assessment and find out what is limiting you from normal movement.

If your injury is a few weeks or months old, it's not unusual for your pain to come and go like this. It should be healing, but due to re-injury from some type of faulty movement pattern, we keep flaring it up again. This causes weakness and stiff or tender muscles.

Waiting to get treatment will increase the risk of long term problems. Getting in and getting things taken care of will keep you from the frustration of debilitating problems in the future.

Q23. Do you use hands on treatment, equipment or exercise? I've seen it all different PT's.

Cameron: The simplest answer is...Yes. At Body Smart we use a combination of multiple treatment styles.

We use hands on treatment techniques for decreasing pain and restoring normal motion. We also use exercise to help you maintain that normal motion and regain the strength to preserve proper function. As far as equipment, we only use it occasionally, as needed for symptom relief in the first few visits.

We feel this combination of treatment techniques give you the optimal experience of reducing pain early on, restoring normal motion, and giving you permanent solutions for long term management. We want to give you the fastest way to return you to enjoying better health without wasting our time on things you can do at home.

Q24. Do I need a referral from my physician?

Cameron: Nope. Just give us a call and book when you're ready. We often get referrals from specialist consultants, but they are mostly just to share information. If you're willing to invest in your health, you're very welcome to come see us.

Q25. What is the long term benefit of me choosing to go and see a PT?

Cameron: You have the freedom of health! At Body Smart PT we seek to ensure you have the tools to not only recover, but improve your health. We help you have mobility and the confidence in your health to do what you want and when you want to do it, unrestricted by pain or stiffness.

Q26. Have you got someone who specializes in ____X____?

(X is usually any one of these following areas:)

- Back/neck pain
- Knee pain
- Sports performance
- Neck/Shoulder Pain
- Weight Management
- Foot/Ankle Injuries
- Sports/running/cycling injuries
- Muscle tension and tightness
- Lack of mobility/being out of shape

And the answer: Yes. I treat people with those conditions every day.

Q27. Is there anyone that PT ISN'T right for?

Cameron: Yes. Anyone who is expecting miraculous healing in a single visit. Although sometimes we can limit visits to just a few times of teaching you how to treat your symptoms on your own. More often though, we determine that the best plan of care requires a little bit more one-on-one time.

Q28. Somebody mentioned a Chiropractor to me, what's the difference between Physical Therapist and a Chiropractor?

Cameron: There are many similarities and differences between PT and chiropractic. The largest difference is the goal of each. There are other variations due to terminology and philosophy behind pain and its causes.

Without too much over-generalization, PT is focused on giving people permanent solutions to the symptoms which limit their mobility and function. A physical therapist seeks to teach you how to treat your own symptoms so you can avoid being dependent on them. A PT also seeks to teach you how to avoid the injury and prevent it from happening again.

There is a lot of common ground between PT and chiropractic, we just use different terms. PT's also perform spinal manipulation, but due to legal issues, we don't call them adjustments. Instead, PT uses the terms mobilization and manipulation of the spine. These are the same techniques and PT's and chiropractors often attend the same courses for refining these techniques.

Part of the reason for using different terminology is PT's want to avoid the false connotation that the body is somehow "out of alignment". This is an idea which has been perpetuated for years, but has been

disproven many times by science. Manipulation or mobilization of the spine, or other joints doesn't "re-align" them. Pre and post-manipulation x-rays show no difference in placement or alignment of the spine.

Just because the terminology is misleading, doesn't mean the techniques don't work to decrease pain and improve symptoms. Adjustments or manipulation/mobilization of the spine work well to lessen pain and improve mobility. These movements cause a quick stretch of the soft tissues around our joints which helps reduce pain, tightness and allows for improved movement.

Manipulation, in concert with the right exercises and treatments will help you reduce immediate pain as well as safeguard you from pain and symptoms in the future.

Q29. What does PT treatment actually entail?

Cameron: We really custom tailor each treatment to the individual. Most commonly treatment includes things like hands on work to decrease pain such as specialized massage techniques and stretching/loosening of angry joints and muscles. We combine this with exercises and sometimes the use of technology and to help you achieve lasting results.

Q30. Will PT help me get more flexible? I feel like a guitar string ready to pop after exercise. I know this is causing my lower back pain and "Charlie horses."

Cameron: For sure! We have simple strengthening and stretching routines design for you to do daily to help you with flexibility in those trouble areas. We have programs for lower extremity, core, back, neck and shoulders to help improve your posture and keep you limber.

Q31. I'm really active and love to keep moving. So far I haven't had any problems, but I'm now worried I'm next in line for joint troubles like my friends of my age. Can PT help someone like me?

Cameron: Yes. At Body Smart we give you hope and a specific exercise plan designed to maintain optimal function without beating up your body. You'll have the confidence to go places and do the things you've been fighting to preserve with your active lifestyle.

Q32. Can PT help me if I have Arthritis?

Cameron: Yes, every day! Please know that we can't CURE it. We CAN give you lots of exercises and options for living with arthritis with little to no pain.

Most people have arthritic pain on x-ray, but only a small percentage actually have pain because of arthritis. We can help you learn the secrets to living without the debilitating pain of arthritis.

Q33. I have had the "snap, crackle, pop" sounds in my joints for a while now. Sometimes I have pain and sometimes I don't, but I feel it's getting worse. Is PT for me?

Cameron: Yes. We consider you a perfect candidate. We get this story every day. You have the signs of some joint changes, but you don't yet have the debilitating pain which often follows a few years later. We

love to intervene at this stage to help you avoid the pain and resultant lack of mobility which follows. Our goal is to help you preserve your healthy and active lifestyle.

Q34. Be honest Cameron, what's the number 1 reason I should see a PT like you?

Cameron: Getting answers! Finding out what's wrong and learning what you can do to reclaim your life. Once you have those answers, treatment becomes really easy.

Q35. Is PT painful?

Cameron: It shouldn't be. Now, in PT we are working on often injured parts of your body which are already in pain. Some of the techniques we use are uncomfortable for a little bit. Personally I'm not a believer in "no pain, no gain" theory. To me, no pain means, well....NO PAIN. And that is our goal!

We always aim to be as gentle as possible and we never "crank" on shoulders or knees to get more range of motion. Instead, we teach you exercises designed to help you get improved mobility so you can self-monitor how much discomfort you are experiencing.

Occasionally some techniques do cause discomfort during the process, but should never leave you with lasting pain. If you EVER experience pain during or after treatment we would want to be informed immediately so adjustments to the plan can be made.

Rest assured, you will always be informed of the plan. If ever we do any techniques where discomfort is likely, we will tell you exactly what is about to happen, what to expect, and for how long.

Q36. I'm not in any pain per se – I just feel lots of stiffness and tightness and I'm worried that something's about give out. Is PT the right step for me?

Cameron: You are PERFECT for PT with Body Smart. PT isn't just about pain. As we said before, PT is about normal, healthy movement. The goal is to make sure you never get injured or have pain. Getting fit before you have pain or problems is key to living a life free of worry and frustration. Pre-habilitation is really our purpose at Body Smart.

Q37. I'm a cyclist and I get pain in my knee when I ride. Sometimes it goes away during the ride, sometimes it lasts, and usually it doesn't bother me during the rest my day. Is that common, and do I need PT?

Yes and Yes. Many sports injuries like this don't affect us every time or all day at first. They usually linger in the background for a while before becoming more serious. That is the time to nip them in the bud before they become a more chronic problem which keeps you from being active. We can help you troubleshoot your fitness and mechanics on the bike as well as point you to resources for ensuring you have the proper bike fit. The key is early intervention so your ride never gets interrupted.

Q38. Is PT expensive?

Cameron: Honestly, I don't believe it is (in my humble, and obviously biased, opinion). To me you have to weigh the pros and cons with both the short and long term outcomes in mind. The key is what is going to help you get back to your life and avoid long term problems. It comes down to what you value. Most people will spend more each month on a fresh cup of coffee or their cable bill, than the "cost" of PT.

And by the way – at Body Smart, there is no set "price list". We work hard to custom tailor everything we do to your life, lifestyle and budget. We want to see you achieve your goals and get back to living your life free of worry about your health.

So really, the "cost" for your personalized PT visit is based upon what you want out of therapy. Each patient receives a custom plan of care including length of visits, number of visits and cost. We work together to design the perfect plan for you.

Q39. Can I bring a friend/family in to the treatment room with me?

Cameron: Of course! No problem. You don't even need to let us know. You can decide whether you would like them to join you in the treatment room or in the reception area if you prefer.

Q40. Physical therapy for weight loss? Do they do that kinda thing?

Cameron: Most don't, but we sure DO! Really it's part of our total mission to help you lead a healthier lifestyle. Weight loss is really a consequence of the total plan. Our goal is to first get you moving free of pain and problem. Next, we want to help you to have the strength, energy and health needed to lead an active lifestyle which keep you healthy.

As part of the process in helping you lead a healthy and active lifestyle, weight loss is often a desired consequence. We have specialized metabolic measurement tools for helping to ensure that your every effort is going to be maximized for optimal health improvement and weight loss. With the Body Smart metabolic testing we help you know exactly how to exercise and structure your eating pattern for YOUR BODY!

We avoid diets, fads, pills, supplements, injections or any other kind of quick fix. Instead, we teach you exactly what your body needs, and then work with you to establish lifestyle patterns which fit your health. Body Smart is about learning how to manage your busy life and make healthy living work for you on your terms. Rather than an overnight overhaul, we work step-by-step to change one piece of your pattern at a time until you achieve the healthy lifestyle you work so hard for.

Q41. Does insurance cover weight loss?

Cameron: Traditionally, NO. Some insurance companies are starting to come around on this, so check with your plan to see. More likely than not though, they don't cover this type of prevention. Your HSA card should work just fine.

The main reason insurance won't cover weight loss is that there are so many people out there offering weight loss advice. Most really aren't health experts or offer just a quick fix which negatively affects health in the long run.

At Body Smart we don't sell products or fads, we give you real information about your body. You can then use this with your custom tailored plan to make sure every effort you make is in line with your body and your goals.

Q42. How often will I need treatment?

Cameron: Great question, the answer to which depends on the plan we create together. It depends on few factors: the nature of your injury and how quick you want to see improvements.

Our goal is to get you going and at full function as quickly and as safely as possible. We will be in the best position to design your custom plan following your initial consultation.

Biggest Tip: The sooner you come in means less time to recover, fewer sessions involved and getting rid of the fear, frustration and setback of your problem.

Q43. How long does the session last?

Cameron: Depends on the plan we create together. We normally have 30 or 60 minute one on one session. Occasionally we find the 45 or 90 minute sessions work better for some conditions. In all reality, I keep working until we get it right. If you need a bit longer, we'll take the time we need to.

Q44. When do I pay?

Cameron: Only when you are happy with your experience and typically at the end of your appointment.

Q45. Cameron, why did my physician tell me NOT to try PT and just rest?

Cameron: Often, there are two common reasons for this to happen:

1. Physicians often are unaware of what PT can do or have heard negative feedback from patients. Most physicians have very little education on what actually happens in good PT clinics. If the matter resolves with a good PT, the physician doesn't see that patient for that problem again. When physicians do have patients return, they typically hear complaints of crowded gyms and not being able to see their PT for more than a few minutes. That's not how we do things at Body Smart!
2. Unfortunately, most physicians are really NOT trained to know orthopedic injuries and the most current research on treatment. Most haven't learned specific symptoms of physical pains well enough to give an accurate diagnosis or understand what the best course of treatment is. Shocking, but VERY true. In many countries, in fact, people have to see a PT first, before their physician, for orthopedic injuries because studies show PT as the first line of defense achieve the best outcomes.

By the way, RESTING is one of the WORST things you can do for any injury. You are essentially telling your body you don't need that part to heal because you aren't using it anymore. Instead, we recommend you continue to use and move the injured area as much as possible, simply making sure you do so in ways which don't increase your pain. This helps you heal faster and have much less pain. You won't tighten up

Q46. This just barely happened the other day, and I'm in a lot of pain. How long should I wait before I seek help?

Cameron: ASAP! Waiting often causes things to worsen. There will always be a number of things that we can do to relieve suffering now. Sometimes it's as simple as "Do this, but don't do that..."

Due to Dr. Google many people make simple but potentially harmful mistakes when it comes to dealing with sudden onset bouts of pain. Every decision you make in the first 24 hours to 1 week is critical. Every action you make in first few days will determine length of time it will take to get better. Our goal is to help you avoid making uninformed decisions which will make your pain and symptoms worse.

Q47. Will I get exercises and tips for things I can do at home to help myself get better more quickly?

Cameron: Absolutely! We want to help you in every way we can. You are only with us for 3-60 minutes at a time. Even if we were to see you 2-3 times a week, we wouldn't be able to see you enough to adequately manage your pain and heal you. Pain doesn't ever take time off. So, we teach you the very best tools, tips, tricks and exercises you can use to feel better fast and manage your symptoms on your own. Our goal really is to make it so that you aren't dependent on us for life. We aim to empower you to know how to avoid the worry and frustration of health complications for life.

Q48. Will I hurt after the treatment or be sore the next day?

Cameron: As I said in Q35, we will hopefully avoid any pain in therapy. When some discomfort is experienced it is usually the "hurts so good" type of thing which resolves immediately and actually makes you feel better afterward.

Sometimes a little muscle soreness the next day or two is part of a normal experience. A lot of what we are trying to accomplish in therapy is to help you lead an active lifestyle. It's quite normal to have some soreness when we strengthen a muscle which hasn't been used in a while. This usually goes away by the 3rd day.

Ice can help manage any joint or muscle soreness and you'll be advised how best to use it for your case. Also, it is safe, and recommended even, that you continue to exercise through the soreness. Exercise will actually help it go away more quickly.

In the off chance you were to experience any pain you don't expect from what we have discussed, contact us ASAP. We want to hear about it immediately so we can modify the plan as needed to help you avoid any un-due pain or experience any setbacks.

Q49. How important are exercises to my recovery?

Cameron: Critical! The key is getting the right exercises at the right time, the right form and the right reasons. PT's are the experts in exercise prescription. The goal is to get you moving again in normal

movement patterns. No other health professional, trainer or exercise expert has been trained in helping you recover, prevent and maintain your health as PT has.

Q50. How long will it take for PT to start easing my pain?

As long as it takes you to call up and book your appointment! If you had a tooth ache, I'd guess that you'd call up the dentist right away- and you'd do it because you know it's really the only way to quickly and permanently get rid of your tooth pain.

Really, the answer is, it will take as long as it takes you to decide you're ready to leave the pain, fear, frustration and immobility behind and come in to see us.

Know this: you'll recover much more quickly than if you leave it to time or worse, to chance by taking painkillers, injections, surgery or wasting time and money you could spend recovering, just trying to "figure it out" with your physician!...

Conclusion

So, there they are: 50 Questions from people just like you which pull back the curtain and give you insight into private physical therapy practice with Body Smart. Hopefully these answers have helped provide clarity and wash away skepticism as we've discussed the most common concerns, questions and debunked the most frequent myths about physical therapy. The key is that you hopefully now have a better understanding of how PT can play a critical role in achieving, preserving and maintaining your active lifestyle whether your 27 or 57, and for the rest of your life.

My great hope is that this is "the beginning of a beautiful friendship," and long-term relationship where Body Smart can be your team for custom health solutions. We seek to be the leading source in Northern Utah for health advice and answers which are practical and make a real difference in your life.

You can contact me here:

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801-479-4471

Dedicated to Your Health,

Cameron

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Health Advice Disclaimer

At Body Smart we work hard to ensure that the advice and information given in this Guide accurately represents the best information regarding injury, health, and prognosis.

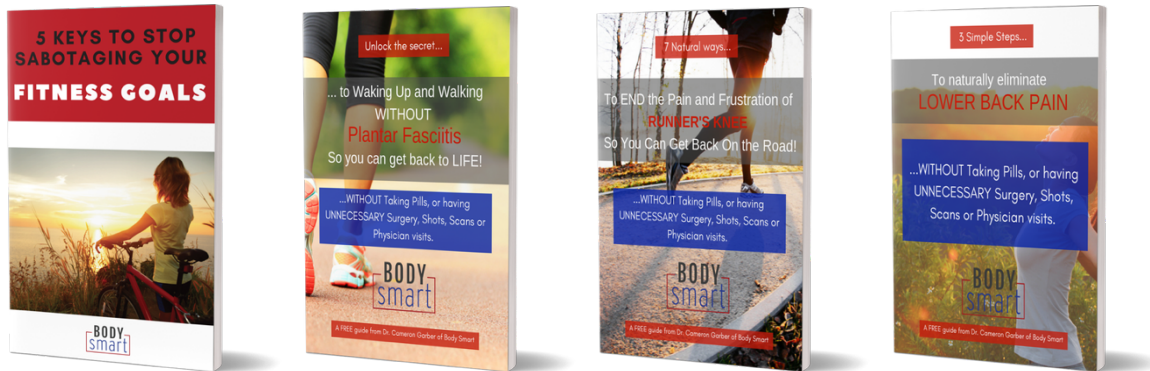
However, examples and commentaries of health conditions, injuries, and related prognosis are based on common clinical presentation those things most typically seen in the Body Smart clinics. Information presented in this guide is not intended as a representation of every individual's potential health condition. As with each health condition, individual factors and symptoms vary widely and each individual's recovery depends upon genetics, previous medical history, social background, adherence to the plan of care, and individual capacity to perform exercises, maintain posture, and personal motivation and accountability to follow therapist advice; as well as several other physical, cognitive, and logistical factors.

Advice presented in this guide is not intended to replace competent care from a licensed professional. A complete and accurate diagnosis and assessment is impossible to give without a thorough in person physical examination. The advice given for management of health conditions cannot be deemed fully accurate in the absence of such an examination from a licensed physical therapist at Body Smart, P.C.

In clinic we are able to offer you a suitable examination and treatment at standard rates. Potential significant injury and health risk is possible if due diligence is not sought in consulting a suitable professional for advice about your specific health concern. No intended guarantees of specific health results or outcomes are expressly made or implied in this report.

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