

Disability Campaign.org

Physical Therapy Progress



Physical Therapists are on your side. They are highly trained health care professionals whose work is to help you improve/restore mobility and reduce overall pain. Physical Therapy requires hard work, both from the healthcare professional and you, the patient. The old adage, “No pain, no gain,” is often times true in PT progress. If you cooperate with your Physical Therapist, you will find him or her to be a tremendous source of support and encouragement on your road to rehabilitation.

How to Make the Most of Your Time in Physical Therapy:

1. **Arrive Early.** Start off your PT session in the right frame of mind and with good focus. You'll need it for the hard work ahead of you! Plan your daily schedule so that you do not arrive frazzled and hurried to your PT session.
2. **Don't Arrive Hungry or Thirsty.** Bring a snack bar and a bottle of water if needed.

3. **Make a List of Questions Beforehand.** Write down any questions that you want to ask your Physical Therapist so that you do not forget to ask him during the session. Your mind will be fully focused on the task at hand!



4. **Make a List of Any Symptoms that You Are Having.** Tell your Physical Therapist your symptoms and the length of time you've been experiencing these symptoms.

5. **Take Notes during Your Session.** It's been said that, "A weak pencil is better than a strong mind." Take written notes during your session so that when you're back at home, you won't have to worry about forgetting what your Physical Therapist told you during the session.

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