



**Experiencing difficulty with every day activities, weakness or pain? Physical therapy may be just the thing to get you back to doing the activities you love.**

**1. Myth:** *I need a referral to see a physical therapist.*

**Fact:** A recent survey revealed 70 percent of people think a referral or prescription is required for evaluation by a physical therapist. However, all 50 states and the District of Columbia (DC) allow patients to be evaluated by a physical therapist without a physician's prior referral. In addition, all states and DC now allow for some form of treatment or intervention without a physician referral or prescription.

**2. Myth:** *Physical therapy is painful.*

**Fact:** Physical therapists seek to minimize your pain and discomfort-including chronic or long-term pain. They work within your pain threshold to help you heal, and restore movement and function.

**3. Myth:** *Physical therapy is only for injuries and accidents.*

**Fact:** Physical therapists do a lot more than just stretch or strengthen weak muscles after an injury or surgery. They are skilled at evaluating and diagnosing potential problems before they lead to more serious injuries or disabling conditions from carpal tunnel syndrome and frozen shoulder, to chronic headaches and lower back pain, just to name a few.

**4. Myth:** *Any health care professional can perform physical therapy.*

**Fact:** Physical therapy can only be performed by a licensed physical therapist, 37 percent of people still believe other health care professionals can administer physical therapy. Many physical therapists also pursue board certification in specific areas such as neurology, orthopedics, sports or women's health.

**5. Myth:** *I can do physical therapy myself.*

**Fact:** Your participation is key to a successful treatment plan, but every patient still needs the expert care and guidance of a licensed physical therapist. Your therapist will leverage his or her specialized education, clinical expertise, and the latest available evidence to evaluate your needs and make a diagnosis before creating an customized plan of care.

### **So what are you waiting for?**

You can get help today by contacting our therapists here at CACC Physical Therapy! Let us be your first choice in getting you back to your favorite activities and helping you on your path towards health and wellness.

**"We Improve Movement Through Life"**



## **What Patients Are Saying Barry R.**

along with a great staff and excellent work with me during the process.

I will start with the end game and work backwards. As a result of the physical therapy work that was done at CACC, I have minimal pain in my neck and full range of motion. The end result is what merits a 5 -star rating,

When I started, the CACC staff identified that I had an arthritic condition in my neck that was causing popping, stiffness and constant mid-level to chronic pain. During my two months of therapy, they worked with my neck through a series of strengthening exercises, flexibility movements and discussions of my environmental ergonomics. At first, I didn't see much progress but continued with the routines. Over a period of time, the pain subsided, the flexibility returned and I am a happy patient. I would whole-heartedly recommend CACC and their staff. They offered results that couldn't be better!

**Thanks CACC**