

FOR IMMEDIATE RELEASE

MILLBROOK PHYSICAL THERAPY OFFERS FREE INJURY SCREENING

Clinic to keep community moving in celebration of National Physical Therapy Month in October

MILLBROOK, NY, Oct. 6, 2008 — Free injury screening is offered throughout October by appointment at Millbrook Physical Therapy in celebration of National Physical Therapy Month.

The theme of Physical Therapy Month for 2008 is “It’s all about movement.” Members of the community who may benefit from a free screening are elderly at risk of falls, recreational athletes of any age, or those wishing to start exercise who have pre-existing medical conditions. “There are many barriers to people exercising,” said John Roger, PT, DPT, clinical director of Millbrook Physical Therapy. “Our job is to remove those barriers and get people healthy. Sometimes a minor injury or pain can keep people from starting or continuing with their exercise program. Often these issues can be treated with a short course of physical therapy.”

One of the important roles that physical therapists play in the area of physical activity is to promote the capacity for movement in all patients. Physical therapists use their knowledge, skills, and experience to help people take control of the movement that is critical to their lives.

Physical therapists are health care professionals who evaluate and treat individuals of all ages, from newborns to the elderly, who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives. Physical therapists examine each individual and develop a plan of care using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. Physical therapists also work with individuals to prevent the loss of mobility by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

Millbrook Physical Therapy was established in 1991, and has served Millbrook and the surrounding communities for more than 17 years. The facility is an independent, therapist owned private practice specializing in professional, personal, results oriented treatment. Available services include: Functional Back Program, Injury Prevention and Performance Enhancement, Fall Prevention, and geriatric and pediatric therapies. For more information, please visit www.millbrookpt.com or call 845/677-5021.

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