

## Physical Therapy

### What is Physical Therapy?

Physical Therapy is a health care specialty involved with evaluating, diagnosing, and treating disorders of the musculoskeletal system. The ultimate goal of Physical Therapy is to restore maximal functional independence to each individual client. To achieve this goal, physical modalities such as exercise, heat, cold, massage, and mild electrical stimulation are utilized. Physical Therapy is provided by Physical Therapists, who are licensed health care professionals with a master's or doctorate degree in Physical Therapy. Physical Therapists evaluate, diagnose, and manage the physical therapy treatment plan, customizing it to each individual's needs.



**The SLO Noor Clinic**  
**is teaming with**  
**San Luis Sports Therapy**



### What to Expect During Your First Appointment

During your first visit or evaluation, a licensed physical therapist will examine you and discuss your medical history, why you are seeking physical therapy care and any other concerns. Your therapist will complete a series of tests and measures; for example measuring flexibility and strength, as well as your ability to perform specific functional activities. Following the examination, your therapist will review their finding with you and with your input, outline a treatment plan and therapy goals designed to help you recover and get back to your regular activities as quickly as possible.

### How to Prepare for Your Appointment

- Please wear or bring comfortable, loose fitting clothing that will allow the therapist to expose the affected regions of the body. Exercise wear such as sweats, t-shirts, and shorts are recommended.
- Please plan to arrive 30 minutes before for your first appointment. Your therapist can tell you how long each follow-up appointment will be, usually 60 minutes.