

Diana Quintanilla

Mr. Griffin

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About Physical Therapy

People with Disabilities; to inform about what physical therapy does to help Disabilities.

Physical therapy is a type of treatment that may be needed when certain health problems make it hard to move around and do everyday things. Physical therapy helps you restore your physical function & also recover after certain surgeries. They will try & help you to reduce your pain and swelling. Depending on your health problem, your therapist will work with you on your flexibility, strength, endurance, coordination, and balance. Physical therapist can be specialized in working with: muscles, tendon, joints, bones, ligaments, the blood and heart vessels.

Work Cited

n.p, "Physical Therapy-Topic Overview." *webmd.com*, 06 March, 2009. Web. 23
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