



**October is National
Physical Therapy Month**

OPEN HOUSE

Tuesday, October 27th • Noon – 4:00pm

1101 Broadway Suite 115B • Morgen Square

605-260-5003

JOIN US FOR THE FOLLOWING:

- **Light luncheon from 12:00-1:00**
- **Refreshments all day**
- **Free mini massage by licensed massage therapist**
- **Door Prizes**
- **Register for Schwinn Airdyne Bike (\$750 value)**
- **Balance Screening**
- **Free Exercise Equipment Consultation by Ace Bike & Fitness**
- **Light Consultation on Incontinence and Pelvic pain program**
- **Information on LVST “Big” Therapy for Parkinson’s Patients**
- **Information and Consultation on Total Joint Replacement Rehab**
- **Blood pressure screenings**
- **Children’s obstacle course**

National Physical Therapy Month is a commemoration held each October by the American Physical Therapy Association and is designed to recognize the impact that physical therapists and physical therapist assistants make in restoring and improving motion in people’s lives.



**Meet the Staff of Peloton Physical Therapy
Matt, Tracie, Amber, Rachel, Michelle, Kelsey**

BENEFITS OF PHYSICAL THERAPY

Physical therapists are evidence-based health care professionals who offer cost-effective treatment that improves mobility and relieves pain, reduces the need for surgery and prescription drugs, and allows patients to participate in a recovery plan designed for their specific needs.

Avoid Surgery and Prescription Drugs

While surgery and prescription drugs can be the best course of treatment for certain diagnoses, there is increasing evidence demonstrating that conservative treatments like physical therapy can be equally effective (and cheaper) for many conditions.

For example:

- Low back pain is routinely over-treated despite abundant evidence that physical therapy is a cost-effective treatment that often avoids advanced imaging scans like MRIs that increase the cost of care and the likelihood for surgery and injections.
- Physical therapy has proven as effective as surgery for meniscal tears and knee osteoarthritis, rotator cuff tears, spinal stenosis, and degenerative disk disease, among other conditions.



Participate In Your Recovery

Physical therapists routinely work collaboratively with their patients.

Treatment plans can be designed for the patient’s individual goals, challenges, and needs. Receiving treatment by a physical therapist is rarely a passive activity, and participating in your own recovery can be empowering.

In many cases, patients develop an ongoing relationship with their physical therapist to maintain optimum health and movement abilities across the lifespan.



Improve Mobility & Motion

Physical therapists address these areas:

- Movement is essential to physical activity, which is necessary to prevent obesity, which is responsible for at least 18% of US adult deaths.
- Mobility is crucial for physical independence, and studies suggest that walking alone can reduce the risk of heart attack and stroke, hip fracture, and knee arthritis, among other benefits.
- Consistent movement is vital to maintaining a healthy balance system, which can help prevent costly falls.