

## **New Patient**

### **How Physical Therapy Helps**

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Physical therapists can help improve or restore the mobility you need to move fully participate in your life.

Whether you are looking for a possible alternative to surgery and/or pain medication or want to maximize your body's capabilities, consider seeing a physical therapist.

PhysioPartners provides personalized one-on-one consultation and treatment in every appointment, allowing your physical therapist to focus on you and your individual movement patterns.

Not sure if you would benefit from seeing a physical therapist? Follow the link to complete a self-assessment of your physical abilities compared to others your age, as well as learn valuable information about how to best care for your body!

Get your Fit Factor score here.

<http://privatepracticesection.org/fit-factor/>