

WHAT TO EXPECT...

Your *first* visit of physical therapy will always be a one-on-one evaluation with a PT. Your PT will spend the majority of the visit talking to you about your condition and will use this information to guide their physical exam.

During the physical exam, the PT will use a hands-on approach to gather strength, flexibility, and mobility information.

At your first visit, some positions and tests may irritate or provoke your symptoms. This is completely normal, as your PT looks for triggers to help them understand what is causing your symptoms so that we can find the root of the problem. It is also possible your PT may look at areas above and below the area of your symptoms to rule out other causes.



EXERCISE IS MEDICINE!

In Physical Therapy, we believe movement is medicine for so many conditions. Exercise instead of pills, injections, and surgeries? Yes, please! Our mission is to help our patients feel better and empower them to live active, healthy lives. When appropriate, your PT will discuss a home exercise program so that you can continue your improvement independently. We want you to get back to living the life you want to live!

CHOOSE PT!

COMPLEAT REHAB & SPORTS PT - GASTONIA

Our Address:

2675 Court Drive
Gastonia, NC 28054

Phone: (704) 824-7800

Hours:

Monday 8AM - 6PM
Tuesday 7AM - 6PM
Wednesday 7AM - 6PM
Thursday 7AM - 6PM
Friday 7AM - 6PM
Saturday/Sunday CLOSED



What is...

PHYSICAL THERAPY?

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DOCTOR OF PHYSICAL THERAPY EDUCATION

Physical Therapists (PTs) are licensed providers who have completed a Doctor of Physical Therapy program at an accredited school and passed the national Board exam. PTs have 30 weeks of full-time clinical experience as part of their program requirements.

OUR GOAL

People often think of PT as "Pain and Torture," but PTs are movement experts who use exercise and hands-on (manual) techniques to help patients improve their pain, function, and quality of life. PTs examine each patient and tailor an exercise prescription that best fits their needs, goals, and abilities.

BENEFITS OF PT

Exercise and movement come with many benefits to all our patients, whether they are dealing with sudden or chronic symptoms, diseases, or injuries. Aside from identifying and treating the root cause of patient's pain and movement problems, exercise has many additional benefits, including: weight loss, improved brain health, reduced blood pressure, improved endurance and heart function, increased strength, prevention of disease, and many others!



Those with low back pain are less likely to get injections or surgery and have fewer doctor visits if they try PT first.



Approximately 75% of patients who get PT for their shoulder pain avoid surgery.



The majority of patients with knee arthritis have decreased pain and improved function with PT treatment.



41% of people with chronic pain have found PT to be the most effective treatment.



44% of patients with hip pain avoid or delay a Total Hip Replacement surgery after receiving PT.

WHAT IS DOMS?

DELAYED ONSET MUSCLE SORENESS (DOMS) IS A COMMON EXPERIENCE FOR PATIENTS UNDERGOING PT TREATMENT.

After the first visit, patients are typically scheduled with a provider once to twice per week to receive treatments that address the cause of their symptoms.

Patients who are not used to exercising can expect for their muscles to be sore or "burn" after their PT sessions. This soreness will usually start about 24 hours after the session and can last up to 48 hours. Patients should not be concerned if they experience this, as this type of pain is not harmful!



REFERENCES: (USED FOR STATISTICS)

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GUIDE | PHYSICAL THERAPY GUIDE TO KNEE OSTEOARTHRITIS | CHOOSE PT. ACCESSED APRIL 14, 2023.
[HTTPS://WWW.CHOOSEPT.COM/GUIDE/PHYSICAL-THERAPY-GUIDE-OSTEOARTHRITIS-OF-KNEE](https://www.choosept.com/guide/physical-therapy-guide-osteoarthritis-of-knee)

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DID YOU KNOW? | AMERICANS PREFER NON-DRUG TREATMENT FOR PAIN, FIND PHYSICAL THERAPY MOST EFFECTIVE OPTION | CHOOSE PT. ACCESSED APRIL 14, 2023. [HTTPS://WWW.CHOOSEPT.COM/DID-YOU-KNOW/AMERICANS-PREFER-NON-DRUG-TREATMENT-PHYSICAL-THERAPY-FOR-PAIN](https://www.choosept.com/did-you-know/americans-prefer-non-drug-treatment-physical-therapy-for-pain)