

PHYSICAL THERAPY

Q. ■ What is a women's health physical therapist (PT) and how do I find one with the right experience to benefit me?



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A. Some PTs have specialized training benefiting the special concerns of women. These therapists use every facet of their physical therapy training to evaluate and treat female clients, promoting and enhancing health throughout the life span. They may treat osteoporosis, pelvic pain conditions, bladder and bowel incontinence, pregnancy issues and postpartum complaints. Questions you should ask: Do you have advanced training in evaluating and treating my condition? How many and what continuing education courses have you taken to stay up to date on the latest treatments and research? How long have you been a PT? How long have you been treating this condition? You should be able to access their web site. Please look at my updated web site as an example. The APTA's Section on Women's Health has more info, resources and a PT locator at www.womenshealthapta.org.


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