You get your teeth examined and cleaned yearly, you go to your doctor for a routine health check-up, so why is it that no one examines the body system that moves you, other than when it hurts? Many of us do not understand our physical strengths and weakness until something goes wrong. Pain is a strong driver and this is what brings many into physical therapy. However, why not curb your risk for injury, pain and poor movement by proactively having an expert examine your movement system regularly.

Physical therapists are the experts of choice when it comes to the neuro/musculoskeletal system. We are trained to evaluate your whole body movement system. PTs can screen for and identify risk factors for injury and disease. PTs are skilled at detailed assessments of functional movements, such as walking, squatting and lifting, as well as fitness testing. Stride Physio physical therapists are trained and prepared to provide yearly movement and fitness check-ups, as recommended by a patient’s primary care provider. We at Stride Physio believe that an annual physical therapy check-up underscores the importance of how a patient can take charge of their health and fitness.

The benefits of an annual PT check up are many:

• Supports healthy lifestyle choices and fitness goals

• Empowers the patient to better understand their own body and areas that may need to be regularly addressed with specific exercises.

• Provides patient with a deeper understanding of their overall health

• Addresses lifestyle behaviors that enhance health and wellness and illuminates those behaviors that hinder it.

• Identifies and addresses areas of dysfunction, and appropriately refers patient to other providers for issues outside the scope of PT practice.

• Regular communication with referring providers facilitates the best care for the patient.

• Reviews and revisions of the patient’s regular exercise plan for optimal fitness and performance.

• Education around taking steps to promote choices that lead to a healthier and more active lifestyle.

• Specifically designed treatment plans based on the patient's individual goals, challenges, and needs can create the changes the patient desires.

An annual physical therapy check-up will allow each patient to develop an ongoing relationship with their physical therapist to maintain optimum health and beautiful movement across their lifespan.