

# Physical Therapy Fact Sheet

## ***What is Physical Therapy?***

Physical therapy is as old as pain itself. Early Chinese and Roman cultures used physical means--therapeutic massage, water, and heat-to restore movement, relieve pain, and as preventive health care. Today's physical therapists are specialists trained to promote optimal human health through a variety of means. Physical therapists complete a four- to six-year college degree emphasizing the biological and medical sciences. After becoming licensed, physical therapists practice state-of-the-art health care in hospitals, clinics, private practice, schools, and industry.

## ***What conditions are treated at The Hetrick Center?***

**Pre & Post Surgical Physical Rehabilitation**  
**Joint Replacement Rehabilitation**  
**Athletic Injuries**  
**Low Back & Neck Pain**  
**Orthopedic & Neurological Conditions**  
**Arthritis**  
**Worker's Compensation Injuries**  
**Auto Accident Injuries**  
**Urinary Incontinence**  
**Balance Disorders**  
**Wellness Programs**  
**... and more!**

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