

Patient Resources

Physical Therapy

Physical therapy, also known as physiotherapy, combines passive modalities and therapeutic exercise to rehabilitate the musculoskeletal parts of the body. Passive modalities include heat and cold therapy, ultrasound, electrical stimulation, massage, and joint stabilization. Therapeutic exercises often include stretching, strengthening and postural modifications.

Who is it for?

Physical therapy is a recommended form of treatment for any individual experiencing musculoskeletal pain, injury, or trauma. *It is important that individuals discuss their interest in physical therapy with their rheumatologist to ensure that it is a safe option.*



Does it work?

There is a substantial amount of research to support the effectiveness of physical therapy as a complementary therapy, especially for fibromyalgia pain relief. Physical therapists can customize a gentle, effective program that increases flexibility and strengthens muscles through stretching, low-impact aerobic exercise and aqua therapy.

Before you make your appointment...

- Discuss your thoughts of physical therapy with your rheumatologist to ensure that physical therapy is a safe option for you. Your rheumatologist may need to write a referral.
- It is important that the physical therapist is licensed in your state. If you receive therapy from an assistant, a licensed physical therapist should be supervising.
- Ask about the number of sessions that may be needed, the cost of each session, and insurance coverage.