

What Is Physical Therapy?

Today your child learned about the profession of physical therapy! An overview of what they learned is below, along with a few questions you can ask to follow up

If your child has an interest in being active, helping people, being creative, and science (especially anatomy, physiology, biology, and how the body works), they physical therapy is a great profession to keep in mind as a career option. You can find more information about the profession of physical therapy by visiting the American Physical Therapy Association's website www.apta.org/your-career. If you are interested in receiving services from a physical therapist, you can find a PT in your area on choosept.com.

Quick notes from today's presentation.

- Movement is essential to life.
- Physical therapists are doctors who help people move!
 - Help people start moving again.
 - Prevent movement loss.
 - Help maintain movement function.
- Palpation exercises:
 - Location of the biceps muscle (front of upper arm).
 - Location of the triceps muscle (back of upper arm).
 - Location of the gastrocnemius, or calf muscle (back of lower leg).

Test your child's knowledge with these follow-up questions.

Q: Who are physical therapists? A: Doctors who are movement experts.

Q: Who can benefit from seeing a physical therapist? A: Everyone! Anyone who moves.

Q: Point to your triceps muscle A: Should point to the back of upper arm.

Exercises we did during today's presentation.

- Squats – picking up boxes properly.
- Stretching – touching toes, etc.
- Plyometrics – jumping jacks.

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