



# Kimberly Area School District Health & Wellness Center

## Physical Therapy FAQs

### Q. What is Physical Therapy?

A. Physical therapy combines the science of healing with the art of hands-on care. Our physical therapists can perform techniques aimed at alleviating muscle or joint discomfort, migraines and back pain, as well as help people recover safely from strains and sprains. They can provide advice on exercise, stretching and physical fitness level prior to pursuing a new activity.

### Q. Will it hurt?

A. As you begin physical therapy, your experience of pain will often fluctuate. This is a normal response. Good communication with your therapist will help minimize any discomfort.

### Q. What do I wear?

A. Dress comfortably. For instance, if your goal is to get back to running after a knee injury, please bring clothes that will allow your therapist to visually inspect and evaluate your knee. Typically, shorts and a t-shirt work very well.

### Q. What can I expect my first visit?

A. The physical therapist will:

- Complete your evaluation, which typically consists of learning your medical history and testing your functional movement, flexibility and strength.
- Begin treatment to help eliminate pain and establish a specific plan of care.

### Q. How long will my therapy sessions last?

A. Typically, the first session lasts one hour. Each session after that may be 30-45 minutes.

### Q. How many sessions will I have?

A. Your plan of care and number of visits will be determined during your first visit and be based on your needs and diagnosis.

### Q. What types of education/training do your therapists have?

A. Physical therapists have graduated from an accredited graduate program and passed their state board examination. Depending on the university, the physical therapy program is either a master's or doctoral-level degree.