



The Model Definition of Physical Therapy

The Model Definition of Physical Therapy adopted by Joint & Spine Physical Therapy and the American Physical Therapy Association, states that physical therapy includes:

- Examining individuals with impairment, functional limitation, and disability or other health related conditions in order to determine a diagnosis, prognosis, and intervention.
- Alleviating impairment and functional limitation by designing, implementing, and modifying therapeutic interventions.
- Preventing injury, impairment, functional limitation, and disability, including the promotion and maintenance of fitness, health, and quality of life in people of all ages.
- Engaging in consultation, education, and research.
- With today's increased attention to physical fitness and wellness among all age groups, combined with the emphasis to manage rehabilitative care more effectively and efficiently, it is essential to utilize those technical advances to provide a complete program of rehabilitation.
- A thorough evaluation is completed and a comprehensive individual program is implemented for each patient. Our purpose is not only to decrease pain, but to normalize function and thus provide a quick return to normal activities and establish a continuing prevention program.
- Working closely with the physician, we are able to promote the patient with a well-rounded program of rehabilitation, education, prevention and fitness.