



## Differences Between Quality Physical Therapy and Poor Physical Therapy.

Quality physical therapy care begins with interviewing the patient to evaluate his current condition. The physical therapist filters through the relevant information and deciphers the true cause of the symptoms. Then the therapist formulates a plan of care which addresses the impairments causing the symptoms. Quality therapy differs from poor care in many ways:

### Good Therapy

1. **Hands-on approach** – during the evaluation and the treatment sessions. Through manual palpation the therapist can differentiate between normal and restricted tissues. Also through manual resistance the therapist can evaluate normal versus impaired strength.
2. **Problem solving thought process** – the therapist should be interested in how the patient is feeling throughout the entire treatment session. Each patient should be followed by a therapist and instructed in proper form during EVERY exercise. This constant attention allows the patient to communicate to the therapist how he is feeling during the exercise.
3. **An assessment of every patient should be performed during every treatment session.** This allows the therapist to adjust the plan of care accordingly, and the patient to receive the most appropriate care.

### Poor Therapy

1. Physical therapy solely using passive modalities has been shown to be non-comprehensive and less effective than treatment plans implementing manual therapy skills.
2. Treatment plans generalized for everyone have been shown to be less effective than personalized plans.
3. Treatment plans that are performed by the patient without any supervision can be very unsafe and very ineffective.

When choosing where to go for physical therapy make sure it is **quality care** instead of unsupervised treatment programs that are given to everyone.