

# Common Myths about Physical Therapy



More and more people all over the world are experiencing the wonders of physical therapy. Physical therapy is beneficial for anyone and everyone. But not everyone knows this because there are some common misunderstandings that frequently discourage people from seeing a physical therapist. At In Motion PT NY, we want to clear up all the confusion and help you realize that physical therapy might be the right option for you!

## 1. MYTH: I need to be injured

**FACT:** Physical therapy entails a lot more than stretching and icing. Physical therapy involves exercising and manipulating the body. PT can progress joint and muscle function, improving people's posture, balance, walking and using stairs. At In Motion PT NY, we can evaluate and diagnose impending problems before they lead to more severe injuries or immobilizing conditions.

## 2. MYTH: All physical therapy is the same

**FACT:** At In Motion PT of NY, we strive to provide the highest standard of care possible to each patient. Our policy of scheduling only two patients per hour is what allows us to focus and devote our full attention on each patient's individual needs with minimal distractions. Having **one-on-one** sessions with the Physical Therapist ensures that our patient's receive the most effective form of treatment, as well as the time and attention to educate them during each session. Our therapists are extremely knowledgeable and experienced in treating sports injuries, post-surgical injuries and even preventing future injuries and surgeries by correcting, strengthening, and easing the pain of any existing abnormalities and/or movement dysfunctions. We will also educate our patients during each session to ensure that they fully understand each aspect of their treatment.

## 3. MYTH: Going out of network is too expensive

**FACT:** Physical therapy has shown to reduce costs by helping people avoid unnecessary imaging scans, surgery, prescription drugs. Physical therapy can also lower costs by helping patients avoid falls or by addressing conditions before they become chronic. At In Motion PT we accept all insurances with Out of Network benefits. If you contact the office, we will be able to check your insurance for you. As an out of network provider, there are some insurances that will mail the checks to the patient's home. At In Motion, we will work with whatever insurance you have a setup a plan that works for you!

## 4. MYTH: Physical Therapy hurts

**FACT:** Contrary to popular belief, PT doesn't stand for Pain & Torture. Physical therapists seek to minimize your pain and discomfort—including chronic or long-term pain. At In Motion we will work within your pain threshold to help you heal, and restore movement

and function. We only provide treatment that will benefit that patient specifically in the most efficient and safest way possible. Most of the exercises we instruct our patients to do, target multiple areas of the body which means the patient benefits the most by doing less!

**5. MYTH: You must have a prescription to get PT**

**FACT:** NY State has “direct access”, which means you can come to In Motion for a diagnosis of any musculoskeletal injury without seeing a medical doctor first.

**6. MYTH: Surgery is my only option**

**FACT:** In many cases, physical therapy has been shown to be as effective as surgery in treating a wide range of conditions—from rotator cuff tears and degenerative disk disease to meniscal tears and some forms of knee osteoarthritis.