

Everything You Need To Know About Physical Therapy:

**The 25 MOST
FREQUENTLY
ASKED QUESTIONS
ABOUT PHYSICAL
THERAPY**

Written By Leading Physical Therapist - **Dr. Tony Tanzi, PT, DPT, CSCS**

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About The Author Tony Tanzi



For 6 years now people have been to see Tony Tanzi looking for answers to concerning questions about, and for, a fast end to their health worries and physical pains and stiffness. Tony has become a trusted Physical Therapist and the Owner of Empire Performance PT.

Tony Tanzi works with people daily to help them return to their active lifestyle while avoiding pain killers, injections or surgery. He earned his Doctorate degree in Physical Therapy from Sacred Heart University in Fairfield, CT in 2011. He also earned a Bachelor of Science degree in Exercise Science from Sacred Heart University in 2008 and later earned his Certified Strength and Conditioning Specialist certificate from the National Strength and Conditioning Association.

Introduction

In this special report written to help “*lift the lid*” on Physical Therapy, I share with you 25 very common questions, provide answers, offer clarity and debunk myths (*and skepticism*) that many people have and hold concerning the Physical Therapy industry. This special report is only for health conscious men and women aged 30-64+, serious about their health and who are determined enough to do something about ill health and who want to do whatever it takes to find a return to better health.

It is compiled from years of taking concerning questions from patients through emails, phone calls and walk ins...and they all have one thing in common:

They come from men and women who value their health enough to go out of their way and make a simple enquiry about what they can do about the first signs of ill-health, and more, ASK exactly how Physical Therapy can help them achieve their goal of returning to great health.

The questions, and the honest answers which follow, are in no particular order. I’ll use all 25 questions as the context for my response about what Physical Therapy is and what we can do (for you) here at Empire Performance PT.

It’s the latter that is important for you to understand...because very few, if any, Physical Therapy clinics offer a “done for you” Physical Therapy service, in the standout way that we do.

1. What actually is Physical Therapy?

Physical therapy is a proven strategy for first easing the worries and concerns of people suffering from aches, pains and stiffness, then helping that person move freely again, bending further, stretching easier and living an active and healthy lifestyle. Additionally, it lets that person live free from the worry that the same problem will come back to haunt them anytime soon.

2. Do I get personal support if I need it?

Yes, if you schedule to try Physical Therapy with us, you'll be given almost unrestricted access to your own Physical Therapist who will be on hand to take your calls, reply to your emails, text messages for as long as you need.

3. What should I wear for Physical Therapy?

To make your Physical Therapy experience as comfortable as possible please keep in mind the location of the injured body part. You will never have to remove large chunks of clothing.

For example, loose fitting clothing, shorts or a tank top is ideal.

4. How likely it is that Physical Therapy will be able to help me?

If your problem or concern is one of pain and or stiffness in the muscles or joints of the following area:

- Back
- Hip
- Knee
- Neck
- Shoulder
- Ankle
- Foot

Then its 99.0% likely that Physical Therapy will be able to help you out and there are various ways we might do that.

5. Can I talk to a Physical Therapist before I schedule an appointment just to confirm Physical Therapy is right for me?

Absolutely! Just call us at (845) 225-2000 or even email your questions to me directly at tony@EmpirePerformancePT.com

6. Will you do anything at the first session to help my pain?

Yes. It's always my intention to start making progress on the pain and or stiffness you've got, as well as help ease your other physiological concerns or frustrations.

7. Will I get any exercises or anything like that to take home with me?

Only if the time is right and I think you doing them is not going to make your pain or condition worse. I'll give you as many hints or tips as possible that you can be using when you go back home that night.

8. What will happen if I don't choose to go and see a Physical Therapist?

Your current predicament will continue and you'll run the risk of doing unforeseen and untold damage to the joints if they are not moved back into the correct position, or muscles made stronger. 9 days is an important milestone - if pain and or stiffness is there at this point, it isn't going to go away on its own.

9. How long will it take for Physical Therapy to get me active and healthy again?

For most problems that involve joints and muscles it could be down to as little as 2-3 weeks to get a person comfortable and safely active again.

10. "This only happened the other day", and I'm in a lot of pain How long should I leave it before I come in and see a Physical Therapist for help?

ASAP. There will always be a number of things we can do. Sometimes it's as simple as *"Do this, but don't do that..."*

And the first will be to tell you what NOT to do. So many people make fatal, miss informed mistakes when it comes to dealing with sudden pain. Every decision that you get wrong in the first few days will, very likely, add to the length of time it will take to get better.

11. Does this sort of thing happen to other people like me?

We see many people with the same sorts of injuries, all day long.

12. How quickly will I be seen?

Often within 24-48 hours.

13. Do you do “hands on”? I recently went to Physical Therapy and they gave me my own exercise sheet to follow in the clinic...

Yes. The care that we provide is predominantly “hands on”. We believe combining hands on approach with closely monitored exercise is the fastest way to return you to enjoying better health.

14. I’m not in any pain per se - I’m just experiencing lots of stiffness and tightness and worry that something’s about to go “pop” (meaning I will be). Am I right to consider Physical Therapy?

You are perfect for Physical Therapy (*and us*). Some people think that Physical Therapy is about ending pain - that’s only ONE thing we do. But it isn't the BEST.

The aim is to stop you from ever getting to the point where you’re in lots of pain by making you suppler, more flexible and your body stronger and able to withstand the amount of activity you want to do, no matter what your age.

15. What’s the number one reason I should come in and see you? As in, what’s the best thing about seeing a Physical Therapist?

Finding out what’s wrong. Once you know that, everything is really easy.

16. What's the difference between a good Physical Therapist and a bad one?

3 Things: The amount of care taken, the hands on techniques and attention to exercises, and the ability to accurately diagnose an injury.

17. I have had "clicking", "clunking" and "cracking" noises happening in my joints for a few years now. And the pain is just starting to get worse with it, I'm 48. Is Physical Therapy for me?

Yes. You're an almost perfect candidate for Physical Therapy. This is a typical story. Most joint problems begin with warning signs like the "clicks and cracks" you've been hearing, and then a few years later comes the pain.

18. I'm a cyclist and I'm not in any pain with the outside of my knee when I rest, but it "fires up" whenever I get back on my bike. Is this common and do I need Physical Therapy?

Yes and Yes. Most sports injuries settle down so that you can walk around and do simple everyday things without pain. But as soon as you step it up a level or two, if the problem is still there, it lets you know in the way of tightness, pain or swelling and stiffness.

19. Will Physical Therapy help me with my flexibility? I'm "stiff as a board". The free hours after I go for a run and I know this is causing my achy lower back.

Yes. We will talk you through a simple set of exercises you can do every day to help eliminate this. Oh, and we will fix your "achy back" too!

20. Is there anyone that Physical Therapy ISN'T right for?

Yes. Anyone who is expecting a miracle and hoping to be fixed in one visit. Rarely possible, particularly for injuries happening to men and women aged 40+.

21. What does Physical Therapy treatment actually entail?

A variety of different hands on techniques, stretching and loosening of joints and muscles, combined with exercises and advice to improve posture.

22. Is Physical Therapy painful?

Not really. But it is true that Physical Therapy is a very physical experience and as such treatments can often be little uncomfortable at times, but we always aim to be as gently as possible and cause the minimal discomfort we possibly can to get your problem solved as fast as we can. Before we do any Physical Therapy techniques we will tell you exactly what is about to happen and whether or not it is likely to hurt and for how long.

23. Will I get some things (*tips*) that I can be doing at home to help myself get better quicker?

Absolutely, the aim is to help you in every high way that we can. Primarily, we will do everything for you but of course, you're only with us for 45-60 minutes, so, we aim to "*arm*" you with tools, hints and tips that you can use to make a difference that you will feel, very quickly, on your own.

24. How long do sessions last?

Sessions typically are 45 - 60 minutes long.

25. Do I need a referral from my Doctor?

No. As Doctors of Physical Therapy direct access laws allow us to see you without seeing a doctor first. Just give us a call to schedule!

Conclusion

So, there you have it: 25 Questions answered that take you behind the scenes of a real live Physical Therapy practice. More, you've just read the most common concerns, questions and myths that surround the Physical Therapy industry. I hope the answers have provided you with clarity, debunked any myths and put to bed any skepticism that may or may not be stopping you from accessing a very valuable service - one that can quite literally change how active you are, and how healthy you look and feel - in your 40's, 50's, 60's and beyond.

I hope this is the beginning of a great, long-term relationship where I and my colleagues from Empire Performance PT & Fitness become the source of leading edge health advice for you to make a real difference to your life.

You can contact me here:

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(845) 225-2000

Dedicated to Restoring Your Health,

A handwritten signature in black ink that reads "Tony Tanzi". The signature is written in a cursive, flowing style.

Dr. Tony Tanzi, PT, DPT, CSCS