

# THE BASICS 540.985.0500

Back to Basics Physical Therapy 1015 First Street SW, Roanoke, VA 24016

## Reinvent Yourself with Physical Therapy in 2014



The science of healthcare is constantly evolving. Treatments are improving, and advances in science now allow individuals to live longer.

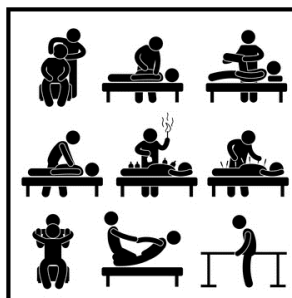
Physical therapy has seen significant changes, and is now considered an accepted form of treatment for several conditions. Physical therapy can help reduce pain, improve mobility and help patients to live happier, healthier lives.

Physical therapists help improve quality of life through optimization of movement. As the new year unfolds, we hope to get the opportunity to inspire you, and your family to enjoy the benefits of an active, pain-free lifestyle.

## What Physical Therapy Can Do For You

### 1. Physical therapy reduces injury

Your therapist can provide you with a structured, progressive exercise program to reduce injuries with a combination of warm-up routines, stretching and movement techniques. This will allow you to participate in the types of activity you enjoy, without the risk of pain and injury.



### 2. Physical therapy helps improve strength and balance


A progressive exercise program improves muscle strength and promotes balance and stabilization. Elderly patients in particular are at a risk for falls as a likely consequence of poor balance.

### 3. Physical therapy helps diabetes and heart disease

Diabetes and heart disease are global health concerns associated with several complications. Concerns include impaired blood circulation, nerve conduction problems and muscle weakness. Contrary to popular belief, physical therapy plays an important role in the treatment of conditions like heart disease and diabetes. A well designed exercise program under the supervision of a physical therapist can improve blood flow, nerve conduction and muscle strength in a safe and progressive manner.

### 5. Physical therapy helps improve posture

Every physical movement on a daily basis involves muscle contractions, joint motion and posture alignments. In a world where we spend more time sitting than ever before, postural problems are abundant. If you spend time hunched over your desk with your neck thrust forward and shoulders slouched, consider a postural evaluation with a physical therapist. A physical therapist can correct muscle imbalances, relieve joint tightness and also help improve breathing patterns.

 Save page as PDF

Refer a Friend - Click here

Francine Noel-Ford, DPT  
Back to Basics Family  
Physical Therapy

[Email-us](#)

540.985.0500

[Our Website](#)



### Patient Testimonial

Everyone was so friendly and nice it made my days of Physical Therapy more pleasant. Kaye E.

### Do you need physical therapy?

If you have any of the following conditions we can help!

*Tendonitis/ Bursitis*

*Sprain/ Strain*

*Jaw, Neck, or Back Pain*

*Tension Headache*

*Pelvic Pain/ Incontinence*

*Lymphedema*

*Trigger Points*

*Pre/ Post Surgical Protocols*

# 2014 Ushers in a New Age of Physical Therapy



The key to a healthy life is movement and function. Limitation in mobility and function impacts the quality of life.

This can limit the individual's ability to be an active participant in society. The good news is that the benefits of physical therapy are far-reaching. This makes therapy one of the most sought after treatment for patients with a variety of illnesses.

The year 2014 brings renewed confidence from the medical (and patient) community on the benefits of exercise and function. Licensed physical therapists adhere to strict professional standards, collaborate with other healthcare professionals and come up with innovative treatments to help you live your life with abundance and energy.

Start the year right by contacting us to learn more about what we can do for you. Give your body the gift of good health in the New Year.

[Forward This Newsletter - Refer a Friend](#)

Most Insurances Accepted!

## ANNOUNCEMENT:

Happy New Year!

We see WALK-INS so don't wait for a Physical Therapy appointment, when we can see you immediately.

We are now offering Pre/ Post Natal, Osteoporosis, Pilates and Yoga Classes. Please call 540.985.0500 to register.

Become a fan of Back to Basics on facebook.

---

Refer a family member or a friend and receive a free 30 min. massage!

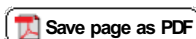
(Must be a previous patient)

Email: [info@backtobasicspt.com](mailto:info@backtobasicspt.com)

Phone: 540.985.0500

Web: <http://www.backtobasicspt.com>

This email was sent by [info@backtobasicspt.com](mailto:info@backtobasicspt.com)  
[To Unsubscribe From Our Newsletter, Please Click Here](#)



**Back to Basics Family Physical Therapy** 1015 First Street SW Suite 2 Roanoke Virginia 24016 Phone: 540.985.0500

[Send Test Email](#)

[Send Email](#)

**Web2PDF**

[converted by Web2PDFConvert.com](http://converted.by.Web2PDFConvert.com)

