

Newman Shines a Spotlight on Physical Therapy

October is National Physical Therapy Month and Newman Memorial is proud to highlight our exceptional Physical Therapy Department! Our physical therapist provides health care services to patients of all ages and health conditions. She treats the consequences of disease or injury by addressing impairments, functional limitations and/or disabilities. When you have an illness or injury that prevents you from engaging in your normal activities, a physical therapist can help get you back to work, play and the rest of your life!

Most people think of Physical Therapy as something you have for orthopedic conditions (such as low back and neck pain, headaches, osteoporosis and total joint replacements), joint injuries (sprains, strains, dislocations) and neurological conditions (stroke, brain injury, cerebral palsy, multiple sclerosis). PT's do provide treatment for those conditions, but they do so much more!

Did you know that a PT can help patients with cancer or other debilitating illnesses to regain strength and relieve discomfort and those with cardiac involvement to safely improve endurance? They can even help patients with vertigo to resolve their symptoms! Physical therapy has been proven to be effective for many causes of long-term pain. So much so, that the Centers for Disease Control and Prevention (CDC) is urging health care providers to reduce the use of opioids in favor of safe alternatives like physical therapy.

Our physical therapist, Michelle Woods, PT graduated from OU Medical Center in 2000. She has 17 years of experience and works closely with prescribing physicians to create a personalized program targeting improved movement, balance, endurance and strength. The goal is to help you return to the best "you" possible. PT services are available at Newman through our inpatient, outpatient & Swing Bed programs. If you would like more information or to find out if physical therapy might help you or a loved one, call 580-938-5578.