

## What Is Physical Therapy?

Today your child learned about the importance of movement and the profession of physical therapy! An overview of what they learned is below, along with a few questions you can ask to follow up.

If your child has an interest in being active, helping people, being creative, and science (especially anatomy, physiology, biology, and how the body works), then physical therapy is a great profession to keep in mind as a career option. You can find more information about the profession of physical therapy by visiting the American Physical Therapy Association's website [www.apta.org/your-career](http://www.apta.org/your-career). If you are interested in receiving services from a physical therapist, you can find a PT in your area on [choosept.com](http://choosept.com).

### Quick Notes From Today's Presentation

- Physical therapy helps people move better!
- Physical therapists are doctors who are movement experts.
- Physical therapy uses various treatment techniques such as pools, video games, toys, massage, and exercise.
- Movement is essential to life!

### Here are some questions you can ask your child to see what they learned:

- Q: What are two types of movement? A: walking, running, dancing, jumping, bending.
- Q: What does physical therapy do? A: Helps keep people moving.
- Q: What are some things physical therapists use to treat patients? A: pools, games, toys, robotics, massage, exercise

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